

# Journey To Be

## October 2020 Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gentle Yoga</b> <b>9:00 – 10:00am</b>	<b>Yoga</b> <b>9:30 – 10:30am</b> <b>@ Oddfellows Hall</b>		<b>Gentle Yoga</b> <b>9:00 – 10:00am</b>	
			<b>Yin Nidra</b> <b>10:30 – 11:00am</b>	
<b>Yoga</b> <b>4:30 – 5:30pm</b>		<b>Strength and Stretch</b> <b>6:00 – 7:00pm</b> <b>@ Oddfellows Hall</b>	<b>Yoga</b> <b>6:00 – 7:00pm</b>	
<b>Yin Nidra</b> <b>6:00 – 7:00pm</b>	<b>Yoga</b> <b>7:30 – 8:30pm</b>	<b>Yoga</b> <b>7:30 – 8:30pm</b> <b>@ Oddfellows Hall</b>	<b>Yoga</b> <b>7:30 – 8:30pm</b>	