

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6	7	8	9
10	11	12 Slow Flow 9:00 - 10:15 am QiGong 6:00-7:00 pm	13 Beginner Hatha 6:30 –7:45pm YOGA TRAINING OPEN HOUSE	14 Chair Yoga 9-10 AM QiGong 6:00-7:00 pm	15 Hatha 9:00 - 10:15 am	16 <i>No class</i>
17 Hatha 10—11:15 am	18 Slow Flow 6 pm – 7 pm	19 Slow Flow 9:00 - 10:15 am QiGong 6:00-7:00 pm	20 Beginner Hatha 6:30 –7:45pm YOGA TRAINING OPEN HOUSE	21 Chair Yoga 9-10 AM QiGong 6:00-7:00 pm	22 Hatha 9:00 - 10:15 am	23 Hatha 9:00 - 10:15 am
24 Sunday Special TBA	25 Slow Flow 6 pm – 7 pm	26 Slow Flow 9:00 - 10:15 am QiGong 6:00-7:00 pm	27 Beginner Hatha 6:30 –7:45pm	28 Chair Yoga 9-10 AM QiGong 6:00-7:00 pm	29 Hatha 9:00 - 10:15 am FULL MOON YOGA 6 pm	30 <i>No class</i>