

October 2021

October 2021						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	5 8:30 Gentle Yoga - Lara	6 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast – Pam 5:30 Slow Flow Yoga - Lara	7 8:30 Gentle Yoga - Lara	8 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	9
10	11 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	12 8:30 Gentle Yoga - Lara	13 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast – Pam 5:30 Slow Flow Yoga - Lara	14 8:30 Gentle Yoga - Lara	15 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	16
17	18 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	19 8:30 Gentle Yoga - Lara	20 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast – Pam 5:30 Slow Flow Yoga - Lara	21	22 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	23
24	25 8:30 Vinyasa Yoga – Pam 10:00 Cardio Blast - Pam	26 8:30 Gentle Yoga - Lara	27	28	29	30
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