

September 2024

Yoga, Etc.

Weekly Classes & Pop-Up Events

more information at yogaetcfalmouth.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 ** Schedule is subject to change.	2 Labor Day No Class	3 Michelle Hathaway Sunset Flow 5:30 PM	4 Kelli All Level Hatha 9:30AM (\$10) Michael Yoga for Strength & Alignment 12 PM (\$10) Melissa Gentle Yoga 5:30 PM	5 Jessica Strength & Flexibility 7 AM Michelle Moody-Adshead Yoga Flow & Restore 6 PM	6 Michael Yoga for Strength & Alignment 9:30 AM (\$10)	7 REST DAY YOU EARNED IT!!!!
8	9 Kelli All Levels Hatha 9:30 AM (\$10)	10 Jessica Core & More 7 AM Michael Yoga for Strength, Alignment, & Awareness 9:30 AM (\$10) Michelle Hathaway Sunset Flow 5:30 PM	11 Kelli All Level Hatha 9:30AM (\$10) Melissa Gentle Yoga 5:30 PM	12 Jessica Strength & Flexibility 7 AM Michelle Moody-Adshead Yoga Flow and Restore 6 PM	13 Michael Yoga for Strength & Alignment 9:30 AM (\$10)	14 REST DAY YOU EARNED IT!!!!
15	16 Kelli All Levels Hatha 9:30 AM (\$10)	17 Jessica Core & More 7 AM Michael Yoga for Strength, Alignment, & Awareness 9:30 AM (\$10) Michelle Hathaway Sunset Flow 5:30 PM	18 Kelli All Level Hatha 9:30AM (\$10) Melissa Gentle Yoga 5:30 PM	19 Jessica Strength & Flexibility 7 AM Michelle Moody-Adshead Yoga Flow and Restore 6 PM	20 Michael Yoga for Strength & Alignment 9:30 AM (\$10)	21 REST DAY YOU EARNED IT!!!!
22	23 Kelli All Levels Hatha 9:30 AM (\$10)	24 Jessica Core & More 7 AM Michael Yoga for Strength, Alignment, & Awareness 9:30 AM (\$10) Michelle Hathaway Sunset Flow 5:30 PM	25 Kelli All Level Hatha 9:30AM (\$10) Melissa Gentle Yoga 5:30 PM	26 Jessica Strength & Flexibility 7 AM Michelle No Class	27 Michael Yoga for Strength & Alignment 9:30 AM (\$10)	28 POP-UP EVENT Michelle Hathaway Flow & Glow 6:45-8 PM
29	30 Kelli All Levels Hatha 9:30 AM (\$10)					