

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:00-10:00am Functional Fitness 6:00-7:00pm Yoga Nidra	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	7:00-8:00am Paddle Board Yoga 9:15-10:15am Functional Fitness for Seniors	9:30-10:45am Yoga on the Lawn
6	7	8	9	10	11
4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	Studio Closed	Studio Closed
13	14	15	16	17	18
1:00-2:00pm Chair Yoga 6-week Fall Series 4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	7:00-8:00am Paddle Board Yoga 9:15-10:15am Functional Fitness for Seniors	9:30-10:45am Yoga on the Lawn
20	21	22	23	24	25
1:00-2:00pm Chair Yoga 6-week Fall Series 4:00-5:00pm Functional Fitness 6:30-7:30pm Somatic Movement 6-week Fall Series	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	7:00-8:00am Paddle Board Yoga 9:15-10:15am Functional Fitness for Seniors	9:30-10:45am Yoga on the Lawn
27	28	29	30		
1:00-2:00pm Chair Yoga 6-week Fall Series 4:00-5:00pm Functional Fitness 6:30-7:30pm Somatic Movement 6-week Fall Series	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga		