

## September 2021

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