



SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Beg. Slow Flow 5pm	2 Yoga Flow 6:30pm	3 Chill & Flow 6:30pm	4 Power Yoga 6:30pm	5 Lunar Flow 6:30pm	6 Hot Yoga 9am
7 Hot POWER Yoga 10am	8 Chair Yoga 3:30pm Beg. Slow Flow 5pm	9 Yoga Flow 6:30pm	10 Chill & Flow 6:30pm	11 Power Yoga 6:30pm	12	13 Hot Yoga 9am
14	15	16	17	18	19	20
STAY TUNED FOR CLASS/MOVING UPDATES!						
21	22	23	24	25	26	27
28	29	30				

