

September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 9:00-Level 3-Liz 9:00-Med-Heather 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Sandy	2 9AM-Mixed Level-Randi 9AM-Mindful-Mary
3	4 Labor Day	5 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Sarah O 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Mary Lou 6:30-YogaMoves-Rodney 6:30-Level 1&2-Mary Lou	6 9:00-Ageless Lev 1&2- Wrists/Hands-Kim 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Level 3-Rodney 6:30-Prenat-Christina	7 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy 5-Level 2- Kerry 6:30-Level 1-Kerry	8 9:00-Level 3-Randi 9:00-Med-Erin 10:30-Level 1- Randi 10:30- Ageless/Gentle-Mary Lou	9 9AM-Mixed Level-Kerry 9AM-Mindful-Mary
10	11 9- Ageless Lev 1- Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Sandy 6:00-Yin-Erin 6:00- Mindful Motion-Breath - Mary	12 9:00-Level 1-Heather 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	13 9:00-Ageless Lev 1&2- Breath-Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless-Nancy 6:30-Level 3-Liz 6:30-Prenat-Kerry	14 9:00-Level 2-Erin 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle-Sandy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	15 9:00-Level 3-Sarah O 9:00-Med-Christina 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Carolyn	16 9AM-Mixed Level-Liz 9AM-Mindful-Sandy 10:30-6:30-200 Hr TT
17 10:00-6:00-200 Hr TT	18 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Carolyn (balls) 6:00-Yin-Linda 6:00- Mindful Motion-Legs - Mary	19 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	20 9:00-Ageless Lev 1&2- Balance-Christina 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 5-Intro-Liz 6:30-Level 3-Liz 6:30-Prenat-Christina	21 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Carolyn 11:00-Ageless Gentle-Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	22 9:00-Level 3-Randi 9:00-Med-Heather 10:30-Level 1-Randi 10:30- Ageless/Gentle-Carolyn	23 9AM-Mixed Level-Kerry 9AM-Mindful-Liz
24	25 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Sarah T 6:00- Mindful Motion-Hips-Mary Lou	26 9:00-Level 1-Sarah T 10:30-Level 3-Sarah T 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Susan 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Susan	27 9:00-Ageless Lev 1&2- Shoulders-Kim 9:30-Yin-Erin 10:30-Gentle/Ageless-Carolyn 5-Intro-Liz 6:30-Level 3-Randi 6:30-Prenat-Christina	28 9:00-Level 2-Erin 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1- Kim 11:00-Ageless Gentle-Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	29 9:00-Level 3-Liz 9:00-Med-Mary Lou 10:30-Level 1-Sue (balls) 10:30- Ageless/Gentle-Mary Lou	30 9AM-Mixed Level-Liz 9AM-Mindful-Mary Lou

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