

# October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>1</b> 4 – 5:15 – Restorative Flow-Randi	<b>2</b> 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Sarah T 6:00- Mindful Motion-Balance-Mary	<b>3</b> 9:00-Level 1-Randi 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	<b>4</b> 9:00-Ageless Lev 1&2-Breath-Christina 9:30-Yin-Erin 10:30-Gentle/Ageless-Mary Lou 6:30-Level 3-Randi 6:30-Prenat-Christina	<b>5</b> 9:00-Level 2-Kim 9:15-Full Moon Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	<b>6</b> 9:00-Level 3-Liz 9:00-Med-Heather 10:30-Level 1-Sue (balls) 10:30- Ageless/Gentle-Carolyn 4:30-5:45-VinYin-Sarah T	<b>7</b> 9AM-Mixed Level-Liz 9AM-Mindful-Mary
<b>8</b>	<b>9</b> 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Carolyn(balls) 6:00-Yin-Erin 6:00- Mindful Motion-Bone Strengthening-Sandy	<b>10</b> 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-Mary Lou 6:30-YogaMoves-Rodney 6:30-Level 1&2-Mary Lou	<b>11</b> 9:00-Ageless Lev 1&2-Hips-Carolyn 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Level 3-Liz 6:30-Prenat-Kerry	<b>12</b> 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	<b>13</b> 9:00-Level 3-Liz 9:00-Med-Christina 10:30-Level 1-Christina 10:30- Ageless/Gentle-Sandy	<b>14</b> 9AM-Mixed Level-Kerry 9AM-Mindful-Jim
<b>15</b>	<b>16</b> 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Sandy 6:00-Yin-Linda 6:00- Mindful Motion-Twists-Mary	<b>17</b> 9:00-Level 1-Sarah T 10:30-Level 3-Sarah T 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	<b>18</b> 9:00-Ageless Lev 1&2-Low Back-Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless-Mary Lou 6:30-Level 3-Randi 6:30-Prenat-Christina	<b>19</b> 9:00-Level 2-Kim 9:15-New Moon Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn 5-Level 2-Kerry 6:30-Level 1-Kerry	<b>20</b> 9:00-Level 3-Liz 9:00-Med-Heather 10:30-Level 1-Sue (balls) 10:30- Ageless/Gentle-Carolyn	<b>21</b> 9AM-Mixed Level-Kerry 9AM-Mindful-Mary 10:30-6:30-200 Hr TT
<b>22</b> 10:00-6:00-200 Hr TT	<b>23</b> 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Erin 6:00- Mindful Motion-Hips-Mary Lou	<b>24</b> 9:00-Level 1-Heather 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Debbie 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Debbie	<b>25</b> 9:00-Ageless Lev 1&2-Feet-JoRoyce 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Level 3-Liz 6:30-Prenat-Christina	<b>26</b> 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	<b>27</b> 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle-Mary Lou	<b>28</b> 9AM-Mixed Level-Randi 9AM-Mindful-Mary Lou
<b>29</b> 2 – 3:30 pm Yin Yoga & Thai Massage Retreat Linda & Cheryl	<b>30</b> 9- Ageless Lev 1- Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Carolyn 6:00-Yin-Sarah T 6:00- Mindful Motion-Upper Body-Mary	<b>31</b> 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-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina				

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