

# September

| <i>Sun</i>   | <i>Mon</i>   | <i>Tue</i>  | <i>Wed</i>  | <i>Thu</i>   | <i>Fri</i>   | <i>Sat</i>   |
|--|--|---|---|--|--|--|
|  |  |   |   |  |  | <b>1</b><br>9AM-Mixed Level-Liz<br>9AM-Mindful-Mary                                |
| <b>2</b>   | <b>3</b><br><b>Labor Day</b>   | <b>4</b><br>9:00-Lev 1/Tibetan Rites-Kim<br>10:30-Level 3-Randi<br>10:30-Restore-Heather<br>5:00- Level 2 –Rodney<br>5:00-Level 1-Christina<br>6:30-YogaMoves-Rodney<br>6:30-Level 1&2-Christina  | <b>5</b><br>9:00- Ageless Lev 1 –<br>Mary Lou<br>9:30-Yin-Linda<br>10:30-Gentle/Ageless-<br>Mary Lou<br>6:30-Flow 2&3-Brier   | <b>6</b><br>9:00-Level 2-Debbie<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-<br>Carolyn<br>11:00-Ageless Gentle-<br>Sandy<br>5-Level 2-Kerry<br>6:30-Level 1-Kerry | <b>7</b><br>9:00-Level 3-Randi<br>9:00-Med/Restore-<br>Christina<br>10:30-Level 1-Randi<br>10:30- Ageless/Gentle-<br>Carolyn   | <b>8</b><br>9AM-Mixed Level-Kerry<br>9AM-Mindful-Mary Lou                          |
| <b>9</b>   | <b>10</b><br>9- Ageless Lev 1-<br>Heather<br>10:30-Level 2-Randi<br>10:30- Ageless/Gentle-<br>Sandy<br>6:00-Yin-Mary Lou<br>6:00- Gentle-Mary          | <b>11</b><br>9:00-Level 1-Christina<br>10:30-Level 3-Kerry<br>10:30-Restore-Heather<br>5:00- Level 2 –Rodney<br>5:00-Level 1-Debbie<br>6:30-YogaMoves-Rodney<br>6:30-Level 1&2-Debbie             | <b>12</b><br>9:00- Ageless Lev 1 –<br>JoRoyce<br>9:30-Yin-Mary Lou<br>10:30-Gentle/Ageless-<br>Carolyn<br>6:30-Flow 2&3-Kerry | <b>13</b><br>9:00-Level 2-Kim<br>9:15-Vinyasa Flow-Kerry<br>10:30-Ageless Lev 1-Kim<br>11:00-Ageless Gentle-<br>Carolyn(balls)<br>5-Level 2-GeGe<br>6:30-Level 1-GeGe    | <b>14</b><br>9:00-Level 3-Louise<br>9:00-Med-Mary Lou<br>10:30-Level 1-<br>Sue(balls)<br>10:30- Ageless/Gentle-<br>Mary Lou    | <b>15</b><br>9AM-Mixed Level-Kerry<br>9AM-Mindful-Louise<br>10:30-6:30 - 200 Hr TT |
| <b>16</b><br>10:00-6:00 - 200 Hr TT                | <b>17</b><br>9- Ageless Lev 1-Kim<br>10:30-Level 2-Kim<br>10:30- Ageless/Gentle-<br>Mary Lou<br>6:00-Yin-Brier<br>6:00- Gentle-Mary Lou                | <b>18</b><br>9:00-Lev 1/Tibetan Rites-Kim<br>10:30-Level 3-Kerry<br>10:30-Restore-Heather<br>5:00- Level 2 –Rodney<br>5:00-Level 1-Christina<br>6:30-YogaMoves-Rodney<br>6:30-Level 1&2-Christina | <b>19</b><br>9:00- Ageless Lev 1 –<br>Carolyn<br>9:30-Yin-Mary Lou<br>10:30-Gentle/Ageless-<br>Carolyn<br>6:30-Flow 2&3-Brier | <b>20</b><br>9:00-Level 2-Sue<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-<br>Christina<br>11:00-Ageless Gentle-<br>Carolyn<br>5-Level 2-GeGe<br>6:30-Level 1-GeGe | <b>21</b><br>9:00-Level 3-Randi<br>9:00-Med/Restore-<br>Christina<br>10:30-Level 1-Randi<br>10:30- Ageless/Gentle-<br>Mary Lou | <b>22</b><br>9AM-Mixed Level-Brier<br>9AM-Mindful-Mary                             |
| <b>23</b><br>4:00-5:15 – Restorative<br>Flow-Randi | <b>24</b><br>9- Ageless Lev 1-<br>Heather<br>10:30-Level 2-Kim<br>10:30- Ageless/Gentle-<br>Carolyn (balls)<br>6:00-Yin-JoRoyce<br>6:00- Gentle-Louise | <b>25</b><br>9:00-Level 1-Randi<br>10:30-Level 3-Randi<br>10:30-Restore-Heather<br>5:00- Level 2 –Kerry<br>5:00-Level 1-Susan<br>6:30-Vinyasa Flow-Kerry<br>6:30-Level 1&2-Susan                  | <b>26</b><br>9:00- Ageless Lev 1 –<br>JoRoyce<br>9:30-Yin-Mary Lou<br>10:30-Gentle/Ageless-<br>Carolyn<br>6:30-Flow 2&3-Randi | <b>27</b><br>9:00-Level 2-Kim<br>9:15-Vinyasa Flow-Randi<br>10:30-Ageless Lev 1-Kim<br>11:00-Ageless Gentle-<br>Carolyn<br>5-Level 2- Kerry<br>6:30-Level 1-Kerry        | <b>28</b><br>9:00-Level 3-Liz<br>9:00-Med-Mary Lou<br>10:30-Level 1-Christina<br>(balls)<br>10:30- Ageless/Gentle-<br>Sandy    | <b>29</b><br>9AM-Mixed Level-Liz<br>9AM-Mindful-Jim                                |
| <b>30</b>  |  |   |   |  |  |  |

2018