

# September Schedule

| SUN                              | MON                              | TUE                                  | WED                          | THU                               | FRI                                      | SAT                  |
|----------------------------------|----------------------------------|--------------------------------------|------------------------------|-----------------------------------|------------------------------------------|----------------------|
| 10:00<br>PILATES<br>FLOW         | 10:30 AM<br>PILATES<br>& STRETCH | 8:00 AM<br>VINYASA<br>YOGA<br>ONLINE | 10:00 AM<br>YIN YANG<br>YOGA | 8:00<br>YOGA<br>ONLINE            | 8:00<br>YOGA<br>ONLINE                   |                      |
|                                  |                                  |                                      | 10:00 AM<br>YIN YANG<br>YOGA | 8:00<br>MORNING<br>YOGA<br>STUDIO | 9:00 AM<br>VINYASA<br>YOGA BY<br>THE SEA |                      |
| 18:45<br>VINYASA<br>YOGA<br>FLOW | 18:30<br>YOGA BY<br>THE SEA      | 18:30<br>ASHTANGA<br>VINYASA<br>YOGA | 18:45<br>VINYASA<br>YOGA     | 10:30 AM<br>PILATES<br>FLOW       | 10:30 AM<br>PILATES<br>BARRE             | 18:00<br>YIN<br>YOGA |