

September 2023 ~ Zoom Only

*All Classes are One Hour unless stated;
Message me to sign up and all taught by Me
See website For Class and Level Descriptions*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Sept 1 NO 4:30 CLASS	Sept 2
Sept 3	Sept 4 No Classes Labor Day	Sept 5 Noon StrengthYoga with weights	Sept 6 8:45 Full Body Mobility 4:30 Stretchy Yoga	Sept 7 Noon StrengthYoga with weights	Sept 8 4:30 Strength Yoga no weights	Sept 9
Sept 10	Sept 11 4:30 Strength Yoga no weights	Sept 12 Noon StrengthYoga with weights	Sept 13 8:45 Full Body Mobility 4:30 Stretchy Yoga	Sept 14 Noon StrengthYoga with weights	Sept 15 4:30 Strength Yoga no weights	Sept 16
Sept 17	Sept 18 4:30 Strength Yoga no weights	Sept 19 Noon StrengthYoga with weights	Sept 20 8:45 Full Body Mobility 4:30 Stretchy Yoga	Sept 21 Noon StrengthYoga with weights	Sept 22 4:30 Strength Yoga no weights	Sept 23
Sept 24	Sept 25 4:30 Strength Yoga no weights	Sept 26 Noon StrengthYoga with weights	Sept 27 8:45 Full Body Mobility 4:30 Stretchy Yoga	Sept 28 Noon StrengthYoga with weights	Sept 29 4:30 Strength Yoga no weights	Sept 30