

DRAFT**SUN CITY HATHA YOGA CLUB – OCTOBER 2024 CLASSES**<http://hathayogaclub.org>

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 am Yoga 1 Mat/Marci	2 8:30 Yoga Mat/Marissa 10:30 Chair/Carlyn	3 10 am Yoga 1 Mat/Carlyn 1:00 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	4 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	5 9 am Yoga 1 Mat/January
6	7 8:30 Yoga 1 Mat/Tracy 1:00 pm Chair/Marci	8 10 am Yoga 1 Mat/Tracy	9 8:30 Yoga Mat/Marissa 10:30 Chair/Carlyn	10 10 am Yoga 1 Mat/Carlyn 1:00 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	11 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	12 9 am Yoga 1 Mat/January 6 pm Restorative Yoga Mat/Marissa
13	14 8:30 Yoga 1 Mat/Tracy 1:00 pm Chair/Marci	15 10 am Yoga 1 Mat/Tracy	16 8:30 YogaMat/Marissa 10:30 Chair/Carlyn	17 10 am Yoga 1 Mat/Carlyn 1:00 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	18 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	19 9 am Yoga 1 Mat/January
20	21 8:30 Yoga 1 Mat/Tracy 1:00 pm Chair/Marci	22 10 am Yoga 1 Mat/Tracy	23 8:30 Yoga Mat/Marissa 10:30 Chair/Carlyn	24 10 am Yoga 1 Mat/Carlyn 1:00 pm Chair/Carlyn 6 pm Yoga 1/Kathryn	25 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	26 9 am Yoga 1 Mat/January
27	28 8:30 Yoga 1 Mat/Tracy 1:00 pm Chair/Marci	29 10 am Yoga 1 Mat/Tracy	30 8:30 Yoga Mat/Marissa 10:30 Chair/Carlyn	31 10 am Yoga 1 Mat/Carlyn 1:00 pm Chair/Carlyn 6 pm Yoga 1/Kathryn	Arrive 20 min Early Leave shoes at the door No Fragrances Turn Off Cell Phones	Yellow = Sub Rev: 08-28-24