

SUN CITY HATHA YOGA CLUB CLASSES – SEPTEMBER 2024

<http://hathayogaclub.org>

Su n day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30 am Yoga 1 Mat/Tracy 1:00 pm Chair/Marci	3 10 am Yoga 1 Mat/Tracy	4 8:30 Yoga Mat/Marissa 10:30 am Chair/Carlyn	5 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	6 8:30 am Yoga 1 and Beginners Mat/Kathryn 1 pm Chair/Marci	7 10 am Yoga Mat/January
8	9 8:30 am Yoga 1 Mat/Cathy 1:00 pm Chair/Marci	10 10 am Yoga 1 Mat/Cathy	11 8:30 Yoga Mat/Marissa 10:30 am Chair/Carlyn	12 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	13 8:30 am Yoga 1 and Beginners Mat/Kathryn 1 pm Chair/Marci 2:45 Clubs Board Mtg.	14 10 am Yoga Mat/January 6 pm Restorative Yoga Mat/Marissa
15	16 8:30 am Yoga 1 Mat/Cathy 1:00 pm Chair/Marci	17 10 am Yoga 1 Mat/Cathy	18 8:30 Yoga Mat/Marissa 10:30 am Chair/Carlyn	19 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	20 8:30 am Yoga 1 and Beginners Mat/Kathryn 1 pm Chair/Marci	21 10 am Yoga Mat/January 12:15 pm POP-UP Yoga Mat/January
22	23 8:30 am Yoga 1 Mat/January 1:00 pm Chair/Marci	24 10 am Yoga 1 Mat/Marci	25 8:30 Yoga Mat/Marissa 10:30 am Chair/Carlyn	26 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	27 8:30 am Yoga 1 and Beginners Mat/Kathryn 1 pm Chair/Marci	28 10 am Yoga Mat/January
29	30 8:30 am Yoga 1 Mat/Carlyn 1:00 pm Chair/Marci					Yellow = SUB SEE FLYER Monthly Board Mtg. Rev: 08-31-24

Arrive 20 minutes early

Leave shoes at the door

No fragrances

No Cell Phones