



Food Bank Week

September 4 - 10

Food in exchange for the value of a yoga class

Monday September 4	Tuesday September 5	Wednesday September 6	Thursday September 7	Friday September 8	Saturday September 9	Sunday September 10
CLOSED Happy Long Weekend	Hatha 9 - 10:30 am Gerda	Hatha Yoga 9 - 10:30 am Michelle	Hatha 9 - 10:30 am Gerda	Hatha 9 - 10:30 am Jill	Hatha 9 - 10:15 am Karen	Intermediate Hatha Yoga 9 - 10:30 am Janet
	Realignment 9:15 - 10:30 am Eva	Realignment 9:15 - 10:30 am Eva	Gentle Restorative 9:15 - 10:45 am Karen	Yin 9:15 - 10:30 am Janet	Realignment 10:30 - 11:45 am Reg	
	Gentle Somatic 11 - 12:15 pm Jean	Gentle Restorative 1 - 2:30 pm Glenda	Intermediate Hatha 5:30 - 6:45 pm Gerda	Realignment 11 - 12:15 pm Jill	Hatha 10:30 - 12 pm Janet	
	Hatha and Aromatherapy 5:30 - 6:45 pm Karen	Yin 5:45 - 7 pm Leslie	Hatha 7 - 8:15 pm Tina	Realignment 12:30 - 1:45 pm Jill		
	Realignment 5:30 - 6:45 pm Jill	Hatha 7:15 - 8:30 pm Leslie	Astanga 7 - 8:30 pm Frank			
	Hatha 7 - 8:15 pm Jill					

