

ON THE MAT THIS SEPTEMBER

Schedule is subject to change. Check our online calendar for timely updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05
Orange: Workshop, Event, or Series		7:00 rise & shine 8:30 root practice 10:30 gentle strength 6:30 YM Sculpt 7:30 root practice	6:15 gentle strength 7:30 dynamic practice	7:00 rise & shine 8:30 dynamic practice 10:30 chair yoga 6:15 dynamic practice 7:30 stretch lab	Labor Day Weekend 9 Chair Yoga 10 Summer Slowdown 5 Yin Yang Yoga	Labor Day Weekend 10 Summer Hits Vinyasa Flow
06	07	08	09	10	11	12
Labor Day Weekend 8:30 mat Pilates 9:45 intro to Pilates 6 Summer Slowdown	Labor Day Weekend 10 Summer Hits Vinyasa Flow 6:15 root practice 7:30 stretch lab	7 rise & shine 8 root practice (Iyengar) 10 gentle strength 6:30 YM sculpt 7:30 root practice	6:15 gentle strength 7:30 dynamic practice	7 rise & shine 8 root practice (Hatha) 10 gentle strength 6:00 peak practice 7:30 stretch lab	7:30 rise & shine 10 gentle strength 12 dynamic practice 6:15 dynamic practice 7:30 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice
13	14	15	16	17	18	19
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 12:00 Root Technique: yogi dance 6:00 gentle strength 7:30 rest & reflect	7:30 YM sculpt 8:30 dynamic practice 6:15 root practice (Iyengar) 7:30 stretch lab	7 rise & shine 8 root practice (Iyengar) 10 gentle strength 6:30 YM sculpt 7:30 root practice	4:30 little yogis (5-8) 6:15 gentle strength 7:30 dynamic practice	7 rise & shine 8 root practice (Hatha) 10 gentle strength 4:30 young yogis (9-12) 6:00 peak practice 7:30 stretch lab	7:30 rise & shine 9 chair yoga 10 gentle strength 12 dynamic practice 6:15 dynamic practice 7:30 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice
20	21	22	23	24	25	26
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 12:00 Root Technique: yogi dance 6:00 gentle strength 7:30 rest & reflect	Closed / Classes Back 9/22	7 rise & shine 8 root practice (Iyengar) 10 gentle strength 6:30 YM sculpt 7:30 root practice	4:30 little yogis (5-8) 6:15 gentle strength 7:30 dynamic practice	7 rise & shine 8 root practice (Hatha) 10 gentle strength 4:30 young yogis (9-12) 6:00 peak practice 7:30 stretch lab	7:30 rise & shine 10 gentle strength 12 dynamic practice 6:15 dynamic practice 7:30 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice
27	28	29	30			
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