



# Yoga & Pilates Class Schedule September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Yoga-Pilates Sculpt 5:30-6:15am	4 Pilates 9:00-9:45am	5 Yoga-Pilates Sculpt 5:30-6:15am	6 Hatha Yoga 6:00-6:45am
9 Pilates 9:00-9:45am	10 Yoga-Pilates Sculpt 5:30-6:15am	11 Pilates 9:00-9:45am	12 Yoga-Pilates Sculpt 5:30-6:15am	13 Hatha Yoga 6:00-6:45am
16 Pilates 9:00-9:45am	17 Yoga-Pilates Sculpt 5:30-6:15am	18 Pilates 9:00-9:45am	19 Yoga-Pilates Sculpt 5:30-6:15am	20 Hatha Yoga 6:00-6:45am
23 Pilates 9:00-9:45am	24 Yoga-Pilates Sculpt 5:30-6:15am	25 Pilates 9:00-9:45am	26 Yoga-Pilates Sculpt 5:30-6:15am	27 Hatha Yoga 6:00-6:45am
30 Pilates 9:00-9:45am				