

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <ul style="list-style-type: none"> 10:00 AM Tai Chi practice 7:00 PM New Moon Movement Circles 	29 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 	30 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 12:00 PM Oneness Blessings 5:15 PM Svaroopaa® Yoga-on break 	31 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:45 AM Inner Sanctuary Yoga 	1 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 6:45 PM 5Rhythms 	2 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM Svaroopaa® Yoga-on break 	3
4 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM All Levels Vinyasa Flow Yoga 12:30 PM Lunchtime Flow Yoga 	5 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM All Levels Vinyasa Flow Yoga 12:30 PM Lunchtime Flow Yoga 	6 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 5:15 PM Svaroopaa® Yoga 7:15 PM Yoga for Beginners 	7 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:45 AM Inner Sanctuary Yoga 	8 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 6:45 PM 5Rhythms 	9 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM Svaroopaa® Yoga 	10 <ul style="list-style-type: none"> 8:30 AM Christina Honan - wedding prep 8:30 AM Donation Only Vinyasa Flow Yoga with Denyse 10:00 AM Donation Only Vinyasa Flow with Denyse
11 <ul style="list-style-type: none"> 10:00 AM Tai Ji Free Class 	12 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM All Levels Vinyasa Flow Yoga 12:30 PM Lunchtime Flow Yoga 3:45 PM Defining Strength 	13 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 5:15 PM Svaroopaa® Yoga 7:15 PM Yoga for Beginners 	14 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:45 AM Inner Sanctuary Yoga 	15 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 3:45 PM Defining Strength 6:45 PM 5Rhythms 	16 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM Svaroopaa® Yoga 	17 Nia Teacher ...sey Bernstein <ul style="list-style-type: none"> 8:30 AM Donation Only Vinyasa Flow Yoga with Denyse 10:00 AM Donation Only Vinyasa Flow with Denyse
18 Nia Teacher Training w/ Casey Bernstein No Classes	19 No Classes	20 No Classes	21 No Classes	22 No Classes	23 No Classes	24 <ul style="list-style-type: none"> 8:30 AM Donation Only Vinyasa Flow Yoga with Denyse 10:00 AM Donation Only Vinyasa Flow with Denyse
25 <ul style="list-style-type: none"> 10:00 AM Tai Chi - elemental* 11:15 AM Tai Chi - deepening* 	26 <ul style="list-style-type: none"> 7:30 AM Vinyasa Flow - with Kristi 9:00 AM Sacred Sweat 10:30 AM All Levels Vinyasa Flow Yoga 12:30 PM Lunchtime Flow Yoga 3:45 PM Defining Strength 	27 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 5:15 PM Svaroopaa® Yoga 7:15 PM Yoga for Beginners 	28 <ul style="list-style-type: none"> 7:30 AM Vinyasa Flow - with Kristi 9:00 AM Sacred Sweat 10:45 AM Inner Sanctuary Yoga 4:00 PM Yamuna Body Rolling 7:30 PM Hoop Dance 	29 <ul style="list-style-type: none"> 9:00 AM Iyengar Yoga 3:45 PM Defining Strength 6:45 PM 5Rhythms 	30 <ul style="list-style-type: none"> 9:00 AM Sacred Sweat 10:30 AM Svaroopaa® Yoga - on break 6:00 PM Parnter Yoga with Denyse 	1 <ul style="list-style-type: none"> 8:30 AM Donation Only Vinyasa Flow Yoga with Denyse 10:00 AM Donation Only Vinyasa Flow with Denyse