

# THE ZEN ZONE

## SEPTEMBER

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY                                   | THURSDAY  | FRIDAY   | SATURDAY              |
|---|--|---|---|---|--|-----------------------|
| 1<br><b>CLOSED</b>  | 2<br><b>CLOSED</b>                                   | 3<br>9:30-10:30 Yin<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Power                       | 4<br>12:10-12:50 Flow<br><br>7:00-8:00 Yin  | 5<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Hot Hips  | 6<br>12:10-12:50 Gentle Flow<br><br>5:30-6:30 Yin  | 7<br>9:30-10:30 Warm  |
| 8<br><br>5:30-6 Meditation<br>6:30-8 Restorative (sign-up)  | 9<br>12:10-12:50 Active Flow<br><br>5:30-6:30 Detox  | 10<br>6:30-7:30 AM Flow<br>9:30-10:30 Yin<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Power | 11<br>12:10-12:50 Flow<br><br>7:00-8:00 Yin | 12<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Hot Hips | 13<br>12:10-12:50 Gentle Flow<br><br>5:30-6:30 Yin | 14<br>9:30-10:30 Warm |
| 15<br><br>5:30-6 Meditation<br>6:30-8 Restorative (sign-up) | 16<br>12:10-12:50 Active Flow<br><br>5:30-6:30 Detox | 17<br>9:30-10:30 Yin<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Power                      | 18<br>12:10-12:50 Flow<br><br>7:00-8:00 Yin | 19<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Hot Hips | 20<br>12:10-12:50 Gentle Flow<br><br>5:30-6:30 Yin | 21<br>9:30-10:30 Warm |
| 22<br><br><b>4-6 GET IN TOUCH Workshop</b>                  | 23<br>12:10-12:50 Active Flow<br><br>5:30-6:30 Detox | 24<br>6:30-7:30 AM Flow<br>9:30-10:30 Yin<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Power | 25<br>12:10-12:50 Flow<br><br>7:00-8:00 Yin | 26<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Hot Hips | 27<br>12:10-12:50 Gentle Flow<br><br>5:30-6:30 Yin | 28<br>9:30-10:30 Warm |
| 29<br><br>5:30-6 Meditation<br>6:30-8 Restorative (sign-up) | 30<br>12:10-12:50 Active Flow<br><br>5:30-6:30 Detox | 1<br>9:30-10:30 Yin<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Power                       | 2<br>12:10-12:50 Flow<br><br>7:00-8:00 Yin  | 3<br>12:10-12:50 Core<br><br>5:30-6:30 The Feels<br>7:00-8:00 Hot Hips  | 4<br>12:10-12:50 Gentle Flow<br><br>5:30-6:30 Yin  | 5<br>9:30-10:30 Warm  |
|   |  |   |   |   |  |                       |