

THE ZEN ZONE

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 5:15-6:15pm Yin Yoga with Tiffany 7-8:15pm Restorative with Tiffany	31 12:10-12:50pm Core Yoga with Gail 5-6pm Warm Series with Carmen	1 7-8pm Power Flow with Carmen	2 5:15-6:15pm Yin Yoga with Tiffany 7-8pm Yin Yoga with Tiffany	3 12:10-12:50pm Flow Yoga with Carmen 5:15-6:15pm Hips with Chantalle	4	5
6 CLOSED	7 CLOSED	8 9:30-10:30am Yin Yoga with Carmen 5:15-6:15pm Hips with Carmen	9 5:15-6:15pm Yin Yoga with Tiffany 7-8pm Yin Yoga with Tiffany	10 12:10-12:50pm Flow Yoga with Carmen 5:15-6:15pm Power Flow with Chantalle	11 5:15-6:15pm Easy Flow Yoga with Brooke	12
13 5:15-6:30pm Restorative with Tiffany 7-8:15pm Restorative with Tiffany	14 7-8pm Yin Yoga with Tiffany	15 12:10-12:50pm Flow Yoga with Gail 7-8pm Power Flow with Carmen	16 5:15-6:15pm Yin Yoga with Tiffany 7-8pm Yin Yoga with Tiffany	17 12:10-12:50pm Core Yoga with Gail 5:15-6:15pm Hips with Chantalle	18	19 9:30-10:30am Warm Series with Carmen
20 5:15-6:30pm Restorative with Tiffany 7-8:15pm Restorative with Tiffany	21 7-8pm Yin Yoga with Tiffany	22 9:30-10:30am Yin Yoga with Carmen 12:10-12:50pm Flow Yoga with Gail 5:15-6:15pm Hips with Carmen	23 5:15-6:15pm Yin Yoga with Tiffany 7-8pm Yin Yoga with Tiffany	24 12:10-12:50pm Core Yoga with Gail 5:15-6:15pm Power Flow with Chantalle	11 5:15-6:15pm Easy Flow Yoga with Brooke	26
27 5:15-6:30pm Restorative with Tiffany 7-8:15pm Restorative with Tiffany	28 7-8pm Yin Yoga with Tiffany	29 12:10-12:50pm Flow Yoga with Gail 7-8pm Power Flow with Carmen	30 5:15-6:16pm Yin Yoga with Tiffany 7-8pm Yin Yoga with Tiffany	1 12:10-12:50pm Core Yoga with Gail 5:15-6:15pm Hips with Chantalle	2	3 9:30-10:30am Warm Series with Carmen