

**SUN CITY HATHA YOGA CLUB - SEPTEMBER 2022 CLASS SCHEDULE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<u>1</u> 10 am Yoga Basic and Mat/Carlyn 1 pm Chair/Carlyn	<u>2</u> 9 am Mat/Kathryn  1 pm Chair/Marci	<u>3</u> 9 am. Mat/Paula
<u>4</u>	<u>5</u> <b>LABOR DAY</b> 8:30 am Mat/Tracy  1:00 pm Chair/Marci	<u>6</u> 9:30 am Mat/Tracy	<u>7</u> 10:30 am Chair/Carlyn  6 pm Mat/Kathryn	<u>8</u> 10 am Yoga Basic and Mat/Carlyn  1 pm Chair/Carlyn	<u>9</u> 9 am Mat/Kathryn  1 pm Chair/Marci	<u>10</u> 9 am Mat/Paula
<u>11</u>	<u>12</u> 8:30 am Mat/Tracy  1:00 pm chair/Marci	<u>13</u> 9:30 am Mat/Tracy	<u>14</u> 10:30 AM Chair/Carlyn  6 pm Mat Kathryn	<u>15</u> 10 am Yoga Basic and Mat/Carlyn  1:00 pm Chair/Carlyn	<u>16</u> 9 am Mat/Kathryn  1 pm Chair/Marci	<u>17</u> 9 am Mat/Paula
<u>18</u>	<u>19</u> 8:30 am Mat/Paula  1:00 pm Chair/Marci	<u>20</u> 9:30 am Mat/Carlyn  <b>1 PM TO 3 PM OPEN HOUSE</b>	<u>21</u> 10:30 AM Chair/Carlyn  6 pm. Mat/Kathryn	<u>22</u> 10 am Yoga Basic and Mat/Carlyn  1 pm Chair/Carlyn	<u>23</u> 9 am Mat/Kathryn  1 pm chair/Marci	<u>24</u> <u>9 am</u> <u>Mat/CANCELLED</u> <u>No sub</u>
<u>25</u>	<u>26</u> 8:30 am Mat/Kathryn  1:00 pm Chair/Marci	<u>27</u> 9:30 am Mat/Carlyn	<u>28</u> 10:30 AM Chair/Carlyn  6 pm. Mat/Kathryn	<u>29</u> 10 am Yoga Basic and Mat/Carlyn  1 pm Chair/Carlyn	<u>30</u> 9 am Mat/Kathryn  1 pm chair/Marci	Rev: 09-13-22

**PLEASE REMEMBER: Arrive at least 20 minutes early Leave shoes at the door No Fragrances No Cell Phones**