

# SUN CITY HATHA YOGA CLUB CLASSES JANUARY 2023

<http://hathayogaclub.org>

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b> 8:30 am Yoga 1 Mat/Tracy  10:30 Vinyasa Flow Mat/Nimet  1:00 pm Chair/Marci	<b>3</b> 8 am Yoga 1 Mat/Tracy  10 am Yoga 1 Mat/Tracy	<b>4</b>  10:30 am Chair/Carlyn  6 pm Gentle Yoga Mat/Teri	<b>5</b>  10 am Yoga 1 Mat/Carlyn  1 pm Chair/Carlyn  6 pm Mat 1/Kathryn	<b>6</b> 8:30 am Yoga 1 Mat/Kathryn  10:30 am Beginners Yoga Mat/Kathryn  1 pm Chair/Marci	<b>7</b> 8 am Yoga 1 Mat/Paula  10 am Yoga 1 Mat/Paula
<b>8</b>	<b>9</b> 8:30 am Yoga 1 Mat/Tracy  10:30 Vinyasa Flow Mat/ <b>Kathryn</b>  1:00 pm Chair/Marci	<b>10</b> 8 am Yoga 1 Mat/Tracy  10 am Yoga 1 Mat/Tracy	<b>11</b>  10:30 am Chair/Carlyn  6 pm Gentle Yoga Mat/Teri	<b>12</b>  10 am Yoga 1 Mat/Carlyn  1 pm Chair/Carlyn  6 pm Mat 1 Kathryn	<b>13</b> 8:30 am Yoga 1 Mat/Kathryn  10:30 am Beginners Yoga Mat/Kathryn  1 pm Chair/Marci	<b>14</b> 8 am Yoga 1 Mat/Paula  10 Yoga 1 Mat/ <b>Nimet</b>  <b>1-3 Workshop/Nimet</b>
<b>15</b>	<b>16</b> 8:30 am Yoga 1 Mat/Tracy  10:30 Vinyasa Flow Mat/Nimet  1:00 pm Chair/Marci	<b>17</b> 8 am Yoga 1 Mat/Tracy  10 am Yoga 1 Mat/Tracy	<b>18</b>  10:30 am Chair/Carlyn  6 pm Gentle Yoga Mat/Teri	<b>19</b>  10 am Yoga 1 Mat/Carlyn  1 pm Chair/Carlyn  6 pm Mat 1/Kathryn	<b>20</b> 8:30 am Yoga 1 Mat/Kathryn  10:30 am Beginners Yoga Mat/Kathryn  1 pm Chair/Marci	<b>21</b> 8 am Yoga 1 Mat/Paula  10 am Yoga 1 Mat/Paula
<b>22</b>	<b>23</b> 8:30 am Yoga 1 Mat/Tracy  10:30 Vinyasa Flow Mat/Nimet  1:00 pm Chair/Marci	<b>24</b> 8 am Yoga 1 Mat/Tracy  10 am Yoga 1 Mat/Tracy	<b>25</b>  10:30 am Chair/Carlyn  6 pm Gentle Yoga Mat/Teri	<b>26</b>  10 am Yoga 1 Mat/Carlyn  1 pm Chair/Carlyn  6 pm Mat 1 /Kathryn	<b>27</b> 8:30 am Yoga 1 Mat/Kathryn  10:30 am Beginners Yoga Mat/Kathryn  1 pm Chair/Marci	<b>28</b> 8 am Yoga 1 Mat/Paula  10 am Yoga 1 Mat/Paula
<b>29</b>	<b>30</b> 8:30 am Yoga 1 Mat/Tracy  10:30 Vinyasa Flow Mat/Nimet  1:00 pm Chair/Marci	<b>31</b> 8 am Yoga 1 Mat/Tracy  10 am Yoga 1 Mat/Tracy				<b>Yellow = SUB</b>  <b>Workshop pre-registration required</b>  <b>Rev: 1/5/23</b>

**Arrive 20 minutes early**

**Leave shoes at the door**

**No fragrances**

**No Cell Phones**