

SUN CITY HATHA YOGA CLUB – MAY 2023 CLASSES

<http://hathayogaclub.org>

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>1</u> 8:30 Yoga 1 Mat/Tracy 10:30 Vinyasa flow Mat/Nimet 1 pm Chair/Marci	<u>2</u> 10 am Yoga 1 Mat/Tracy	<u>3</u> 10:30 am Chair/Carlyn	<u>4</u> 10 am Yoga 1 Mat /Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Nimet	<u>5</u> 9 am Yoga 1 Mat/Carlyn 1 pm Chair/Marci	<u>6</u> 9 am Yoga 1 Mat January
<u>7</u>	<u>8</u> 8:30 Yoga 1 Mat/Tracy 10:30 Vinyasa flow Mat/Nimet 1 pm Chair/Marci	<u>9</u> 10 am Yoga 1 Mat/Tracy	<u>10</u> 10:30 am Chair/Carlyn	<u>11</u> 10 am Yoga 1 Mat /Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	<u>12</u> 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	<u>13</u> 9 am Yoga 1 Mat/January
<u>14</u>	<u>15</u> 8:30 Yoga 1 Mat/Tracy 10:30 Vinyasa flow Mat/Nimet 1 pm Chair/Marci	<u>16</u> 10 am Yoga 1 Mat/Tracy	<u>17</u> 10:30 am Chair/Carlyn	<u>18</u> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	<u>19</u> 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	<u>20</u> 9 am Yoga 1 Mat/January
<u>21</u>	<u>22</u> 8:30 Yoga 1 Mat/Tracy 10:30 Vinyasa flow Mat/Nimet 1 pm Chair/Marci	<u>23</u> 10 am Yoga 1 Mat/Tracy	<u>24</u> 10:30 am Chair/Carlyn	<u>25</u> 10 am Yoga 1 Mat /Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Cathy	<u>26</u> 8:30 am Yoga 1 Mat/Cathy 1 pm Chair/Marci	<u>27</u> 9 am Yoga 1 Mat/Cathy
<u>28</u>	<u>29</u> 8:30 Yoga 1 Mat/Tracy 10:30 Vinyasa flow Mat/Nimet 1 pm Chair/Marci	<u>30</u> 10 am Yoga 1 Mat/Tracy	<u>31</u> 10:30 am Chair/Carlyn			Yellow= Substitute Rev: 5/09/23

Please remember: Arrive 20/25 minutes early Leave shoes at the door No fragrances No cell Phones