

SUN CITY HATHA YOGA CLUB CLASSES – OCTOBER 2023 DRAFT

<http://hathayogaclub.org>

| Sun day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|--|---|--|---|
| <u>1</u> | <u>2</u> 8:30 am Yoga 1 Mat/Tracy 10:30 Yoga/ Nimet 1:00 pm Chair/Marci | <u>3</u> 10 am Yoga 1 Mat/Tracy | <u>4</u> 10:30 am Chair/Carlyn | <u>5</u> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn | <u>6</u> 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci | <u>7</u> 9 am Yoga 1 Mat/January |
| <u>8</u> | <u>9</u> 8:30 am Yoga 1 Mat/Tracy 10:30 Yoga/Nimet 1:00 pm Chair/Marci | <u>10</u> 10 am Yoga 1 Mat/Tracy | <u>11</u> 10:30 am Chair/Carlyn | <u>12</u> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn | <u>13</u> 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci | <u>14</u> 9 am Yoga 1 Mat/January |
| <u>15</u> | <u>16</u> 8:30 am Yoga 1 Mat/Tracy 10:30 Yoga / Nimet 1:00 pm Chair/Marci | <u>17</u> 10 am Yoga 1 Mat/Tracy | <u>18</u> 10:30 am Chair/Carlyn | <u>19</u> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn | <u>20</u> 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci | <u>21</u> 9 am Yoga 1 Mat/January |
| <u>22</u> | <u>23</u> 8:30 am Yoga 1 Mat/Tracy 10:30 Yoga/Nimet 1:00 pm Chair/Marci | <u>24</u> 10 am Yoga 1 Mat/Tracy | <u>25</u> 10:30 am Chair//Carlyn | <u>26</u> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn | <u>27</u> 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci | <u>28</u> 9 am Yoga 1 Mat/January |
| <u>29</u> | <u>30</u> 8:30 am Yoga 1 Mat/Tracy 10:30 Yoga/Nimet 1:00 pm Chair/Marci | <u>31</u> 10 am Yoga 1 Mat/Tracy | | | | Yellow = SUB Rev: 09-06-23 |

Arrive 20 minutes early

Leave shoes at the door

No fragrances

No Cell Phones