

SUN CITY HATHA YOGA CLUB – SEPTEMBER 2023 CLASSES

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	2 9 am Yoga 1 Mat/January
3	4 8:30 am Yoga 1 Mat /Tracy 1 pm Chair/Marci	5 10 am Yoga 1 Mat/Tracy	6 10:30 AM Chair/Carlyn	7 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Tracy	8 8:30 am Yoga 1 Mat/Carlyn 1 pm Chair/Marci	9 9 am Yoga 1 Mat/January
10	11 8:30 am Yoga 1 Mat/Tracy 1 pm Chair/Marci	12 10 am Yoga 1 Mat/Tracy	13 10:30 AM Chair/Carlyn	14 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	15 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	16 9 am Yoga 1 Mat/January
17	18 8:30 am Yoga 1 Mat/Tracy 1 pm Chair/Marci	19 10 am Yoga 1 Mat/Tracy	20 10:30 AM Chair/Carlyn	21 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	22 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	23 9 am Yoga 1 Mat/January
24	25 8:30 am Yoga 1 Mat/Tracy 1 pm Chair/Marci	26 10 am Yoga 1 Mat/Tracy	27 10:30 AM Chair/Carlyn	28 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	29 8:30 am Yoga 1 Mat/Kathryn 1 pm Chair/Marci	30 9 am Yoga 1 Mat/January Class cancelled Yellow = Sub

REV: 09/06/23

Arrive 20 minutes early leave shoes at the door no fragrances no cell phones

website: <http://hathayogaclub.org>