

# HATHA YOGA CLUB

# DECEMBER 2023 CLASSES

website: <http://hathayogaclub.org>

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 8:30 am Yoga 1 Mat/Kathryn 10 AM Beginner's Yoga Mat /Kathryn 1 pm Chair/Marci	<b>2</b> 8 am Membership drive 9 am Mat & Chair Class 10:30 Annual Meeting & Lunch
<b>3</b>	<b>4</b> 8:30 am Yoga 1 Mat /Tracy 10:30 Vinyasa Flow Mat/Nimet 1 pm Chair/Marci	<b>5</b> 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	<b>6</b> 10:30 AM Chair/Carlyn 6 pm Yoga 1 Mat/January	<b>7</b> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	<b>8</b> 8:30 am Yoga 1 Mat/ 10 am Beginner's Yoga Mat/Kathryn 1 pm Chair/Marci	<b>9</b> 9 am Yoga 1 Mat/January
<b>10</b>	<b>11</b> 8:30 am Yoga 1 Mat/Tracy 10:30 Vinyasa Flow Mat/Nimet 1 pm Chair/Marci	<b>12</b> 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	<b>13</b> 10:30 AM Chair/Carlyn 6 pm Yoga 1 Mat/January	<b>14</b> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	<b>15</b> 8:30 am Yoga 1 Mat/Kathryn 10 am Beginner's Yoga Mat/Kathryn 1 pm Chair/Marci	<b>16</b> 9 am Yoga 1 Mat/January
<b>17</b>	<b>18</b> 8:30 am Yoga 1 Mat/Tracy 10:30 Vinyasa Flow Mat/Nimet 1 pm Chair/Marci	<b>19</b> 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	<b>20</b> 10:30 AM Chair/Carlyn 6 pm Yoga1 Mat/January	<b>21</b> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	<b>22</b> 8:30 am Yoga 1 Mat/Kathryn 10 am Beginner's Yoga Mat/Kathryn 1 pm Chair/Marci	<b>23</b> 9 am Yoga 1 Mat/January
<b>24</b>	<b>25</b> <b><u>CHRISTMAS DAY</u></b> <b><u>NO CLASSES</u></b>	<b>26</b> 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	<b>27</b> 10:30 AM Chair/Carlyn 6 pm Yoga 1 Mat/January	<b>28</b> 10 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 Pm Yoga 1 Mat/Kathryn	<b>29</b> 8:30 am Yoga 1 Mat/Kathryn 10 am Beginner's Yoga Mat/Kathryn 1 pm Chair/Marci	<b>30</b> 9 am Yoga 1 Mat/January Yellow = Sub REV: 11/03/23

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