

SUN CITY HATHA YOGA CLUB – NOVEMBER 2023 CLASSES

Arrive 20 minutes early - Leave shoes at the door - No fragrances

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 am Chair/Carlyn 6 pm Yoga 1 Mat/January	2 10:00 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	3 8:30 am Yoga 1 Mat/Kathryn 10 Beginners yoga/Kathryn 1 pm Chair/Marci	4 9:00 Yoga 1 Mat/January
5	6 8:30 am Yoga 1 Mat/ Kathryn 10:30 Vinyasa Flow Mat/Nimet 1:00 pm Chair/Marci	7 8 am Yoga 1 Mat/ Kathryn 10 am Yoga 1 Mat/ Kathryn	8 10:30 am Chair/Carlyn 6 pm Yoga 1 Mat/January	9 10:00 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	10 8:30 am Yoga 1 Mat/Kathryn 10 Beginners yoga/Kathryn 1 pm Chair/Marci	11 9:00 Yoga 1 Mat/January
12	13 8:30 am Yoga 1 Mat/Tracy 10:30 Vinyasa Flow Mat/ Kathryn 1:00 pm Chair/Marci	14 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	15 10:30 am Chair/Carlyn 6 pm Yoga 1 Mat/January	16 10:00 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1/Mat Kathryn	17 8:30 am Yoga 1 Mat/Kathryn 10 beginners yoga/Kathryn 1 pm Chair/Marci	18 9:00 Yoga 1 Mat/January
19	20 8:30 am Yoga 1 Mat/Tracy 10:30 Vinyasa Flow Mat/Nimet 1:00 pm Chair/Marci	21 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	22 FALL FAIR 10:30 am Chair/Carlyn 6 pm Yoga 1 Mat/January	23 THANKSGIVING DAY 10:00 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	24 FALL FAIR 8:30 am Yoga 1 Mat/Kathryn 10 beginners yoga/Kathryn 1 pm Chair/Marci	25 FALL FAIR 9:00 Yoga 1 Mat/January
	27 8:30 am Yoga 1 Mat/Tracy 10:30 Vinyasa Flow Mat/Nimet 1:00 pm Chair/Marci	28 8 am Yoga 1 Mat/Tracy 10 am Yoga 1 Mat/Tracy	29 1 10:30 am Chair/Carlyn 6 pm Yoga 1 Mat/January	30 10:00 am Yoga 1 Mat/Carlyn 1 pm Chair/Carlyn 6 pm Yoga 1 Mat/Kathryn	Yellow = Substitute CANCELLED http://hathayogaclub.org Rev: 10/28/23	

