

SUN CITY HATHA YOGA CLUB – OCTOBER 2025 CLASSES

<http://hathayogaclub.org>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<u>1</u> 10:30 am Chair yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	<u>2</u> 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	<u>3</u> 8:30 am Mat Yoga/Jenn 1 pm Chair Yoga/Marci	<u>4</u> 9 am Mat Yoga /January
<u>5</u>	<u>6</u> 8:30 am Mat Yoga /Evon 1 pm Chair Yoga/Marci	<u>7</u> 10 am Mat Yoga /Kathryn 12 Pre-registered Class/Kathryn	<u>8</u> 10:30 am Chair yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	<u>9</u> 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	<u>10</u> 8:30 am Mat Yoga/Jenn 1 pm Chair Yoga/Marci 2:45 Board Meeting	<u>11</u> 9 am Mat Yoga/ January
<u>12</u>	<u>13</u> 8:30 am Mat Yoga/Evon 1 pm Chair Yoga/Marci	<u>14</u> 10 am Mat Yoga /Kathryn 12 Pre-Registered Class/Kathryn	<u>15</u> 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	<u>16</u> 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	<u>17</u> 8:30 am Mat Yoga/Jenn 1 pm Chair Yoga/Marci	<u>18</u> 9 am Mat Yoga/Nimet
<u>19</u>	<u>20</u> 8:30 am Mat Yoga /Evon 1 pm Chair Yoga/Marci	<u>21</u> 10 am Mat Yoga/Kathryn 12 Pre-registered Class/Kathryn	<u>22</u> 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	<u>23</u> 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	<u>24</u> 8:30 am Mat Yoga /Jenn 1 pm Chair Yoga/Marci	<u>25</u> 9 am Mat Yoga/January 1 pm CaCao Ceremony Workshop/Jenn
	<u>27</u> 8:30 am Mat Yoga /Evon 1 pm Chair Yoga/Marci	<u>28</u> 10 am Mat Yoga/Kathryn 12 Pre-registered class/Kathryn	<u>29</u> 10:30 am Chair Yoga/Carlyn 12:30 Mat Yoga Mix/Kathryn	<u>30</u> 10 am Mat Yoga/Carlyn 1 pm Chair Yoga/Carlyn 6 pm Mat Yoga/Kathryn	<u>31</u> 8:30 am Mat Yoga /Jenn 1 pm Chair Yoga/Marci	Yellow = Substitute Workshop Pre-register Rev: 09/08/25

Arrive 20 minutes early - Leave shoes at the door – Silence cell phones - No fragrances