

YOGA

Shakti Yoga Center SEPTEMBER 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5		6		7	
8:00A Meditation(2)	Deb	8:00A Meditation(2)	Justyna							8:00A Meditation(2)	Justyna	8:00A Meditation(2)	Deb
8:45A Basic	DevaDas	8:45A Basic	Justyna	9:45am Meditation(2)	Justyna	9:45am Meditation(2)	Leila	9:45am Meditation(2)	Leila	8:45A Basic	Justyna	8:45A Basic	DevaDas
10:30A Gentle	DevaDas	10:30A Gentle	Leila	10:30A Basic	Justyna	10:30an Gentle	Leila	10:30an Gentle	Leila			10:30A Basic	Boris
12:30F Basic	Justyna	<i>Evening Class CXL'D for Labor Day</i>								4:30P Chair Yoga(3)	Justyna		
		7:00P Class	CXLD Today	6:00P Gentle	Genevieve	6:30P Flow	Justyna	6:00P Basic	Justyna	5:45P Gentle	Justyna		
	8		9		10		11		12		13		14
8:00A Meditation(2)	Deb	8:00A Meditation(2)	Justyna							8:00A Meditation(2)	Justyna	8:00A Meditation(2)	CXLD TODAY
8:45A Basic	DevaDas	8:45A Basic	Justyna	9:45am Meditation(2)	Justyna	9:45am Meditation(2)	Leila	9:45am Meditation(2)	Leila	8:45A Basic	Justyna	8:45A Basic	DevaDas
10:30A Gentle	Nancy	10:30A Gentle	Leila	10:30A Basic	Justyna	10:30an Gentle	Leila	10:30an Gentle	Leila			10:30A Basic	Boris
12:30F Basic	Pam									4:30P Chair Yoga(3)	Tara		
		7:00P Gentle Strength	KC	6:00P Gentle	Genevieve	6:30P Flow	Justyna	6:00P Basic	Justyna	5:45P Gentle	Tara		
	15		16		17		18		19		20		21
8:00A Meditation(2)	CXLD TODAY	8:00A Meditation(2)	Justyna							8:00A Meditation(2)	Justyna	8:00A Meditation(2)	Deb
8:45A Basic	DevaDas	8:45A Basic	Justyna	9:45am Meditation(2)	Justyna	9:45am Meditation(2)	Leila	9:45am Meditation(2)	CXLD	8:45A Basic	Justyna	8:45A Basic	DevaDas
10:30A Gentle	Nancy	10:30A Gentle	Leila	10:30A Basic	Justyna	10:30an Gentle	Leila	10:30A Gentle	DevaDas			9:15A FREE (4) YOGA @ URBY	Justyna
12:30F Basic	Pam											10:30A Basic	Boris
		7:00P Gentle Strength	KC	6:00P Gentle	Genevieve	6:30P Flow	Justyna	6:00P Basic	Justyna	5:45P Gentle	Tara		
	22		23		24		25		26		27		28
8:00A Meditation(2)	Deb	8:00A Meditation(2)	Justyna							8:00A Meditation(2)	Justyna	8:00A Meditation(2)	CXLD TODAY
8:45A Basic	DevaDas	8:45A Basic	Justyna	9:45am Meditation(2)	Justyna	9:45am Meditation(2)	Justyna	9:45am Meditation(2)	Justyna	8:45A Basic	Justyna	8:45A Basic	DevaDas
10:30A Gentle	Nancy	10:30A Gentle	Tara	10:30A Basic	Justyna	10:30an Gentle	Justyna	10:30A Gentle	Justyna			10:30A Basic	Boris
12:30F Basic	Pam											3:00P FREE Meditation Class (5)	Sri Chinmoy Org
		7:00P Gentle Strength	KC	6:00P Gentle	Genevieve	6:30P Flow	Justyna	6:00P Basic	Justyna	5:45P Gentle	Tara		
	29		30										
8:00A Meditation(2)	CXLD TODAY	8:00A Meditation(2)	Justyna	(1). FREE Gentle class for FIRST TIMERS. Last SUNDAY every month @ 10:30am - Just drop in! (No pre-reg necessary)									
8:45A Basic	DevaDas	8:45A Basic	Justyna	(2). FREE 30 Minute Meditation Sitting - just drop in!									
10:30A Gentle(1)	DevaDas	10:30A Gentle	Tara	(3). Weekly 60 minute CHAIR Yoga class for anyone with limited range of movement.									
12:30F Basic	Pam			(4). FREE class @ Urby. Outside or inside - weather dependent. Just drop in!									
		7:00P Gentle Strength	KC	(5). FREE Meditation Class - annually offered by the Sri Chinmoy Organization.									