

# August 2019



Sun	Mon	Tuesday	Wednesday	Thursday	Fri	Sat
28	29	30	31	1	2	3
4	5	<p><b>*B, B, &amp; B 6</b></p> <p>-10:15 to 10:45 -</p> <p><i>Chair Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Newbie Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	<p>7</p> <p>Private Sessions</p>	<p><b>8</b></p> <p><i>Holy Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Holy Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	9	10
11	12	<p><b>B, B, &amp; B 13</b></p> <p>-10:15 to 10:45 -</p> <p><i>Chair Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Newbie Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	<p>14</p> <p>Private Sessions</p>	<p><b>15</b></p> <p><i>Holy Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Holy Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	16	17
18	19	<p><b>B, B, &amp; B 20</b></p> <p>-10:15 to 10:45 -</p> <p><i>Chair Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Newbie Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	<p>21</p> <p>Private Sessions</p>	<p><b>22</b></p> <p><i>Holy Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Holy Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	23	24
25	26	<p><b>B, B, &amp; B 27</b></p> <p>-10:15 to 10:45 -</p> <p><i>Chair Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Newbie Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	<p>28</p> <p>Private Sessions</p>	<p><b>29</b></p> <p><i>Holy Yoga</i></p> <p>-11 to 12 pm -</p> <p><i>Holy Yoga</i></p> <p>-5:30 to 6:30 pm -</p>	30	31

\*Breath, Balance and Body Weight