

# October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:00 am Dharma Yoga 5:30 pm – Muscle Ease Yoga	<b>2</b> 9:00 am – Dharma Yoga	<b>3</b> 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	<b>4</b> 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 5:30 pm – Evening Meditation 6:00 pm – Yoga Flow	<b>5</b> 9:00 am – Dharma Yoga	<b>6</b> 8:15 am Wake Up Weekend Yoga
<b>7</b> 8:30 am – Rise & Shine Yoga	<b>8</b> 9:00 am Dharma Yoga 5:30 pm – Muscle Ease Yoga	<b>9</b> 9:00 am – Dharma Yoga	<b>10</b> 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	<b>11</b> 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 5:30 pm – Evening Meditation 6:00 pm – Yoga Flow	<b>12</b> 9:00 am – Dharma Yoga	<b>13</b> 8:15 am Wake Up Weekend Yoga
<b>14</b> 8:30 am – Rise & Shine Yoga	<b>15</b> 9:00 am Dharma Yoga 5:30 pm – Muscle Ease Yoga	<b>16</b> 9:00 am – Dharma Yoga	<b>17</b> 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	<b>18</b> 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 5:30 pm – Evening Meditation 6:00 pm – Yoga Flow	<b>19</b> 9:00 am – Dharma Yoga	<b>20</b> 8:15 am Wake Up Weekend Yoga
<b>21</b> 8:30 am – Rise & Shine Yoga	<b>22</b> 9:00 am Dharma Yoga 5:30 pm – Muscle Ease Yoga	<b>23</b> 9:00 am – Dharma Yoga	<b>24</b> 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	<b>25</b> 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 5:30 pm – Evening Meditation 6:00 pm – Yoga Flow	<b>26</b> 9:00 am – Dharma Yoga	<b>27</b> 8:15 am Wake Up Weekend Yoga
<b>28</b> 8:30 am – Rise & Shine Yoga	<b>29</b> 9:00 am Dharma Yoga 5:30 pm – Muscle Ease Yoga	<b>30</b> 9:00 am – Dharma Yoga	<b>31</b> 9:00 am Dharma Yoga 6:00 pm – Mid Week Zen	<b>1</b> 9:00 am Positive Breathing Meditation 9:30 am – Ignite & Restore Yoga 5:30 pm – Evening Meditation 6:00 pm – Yoga Flow	<b>2</b> 9:00 am – Dharma Yoga	<b>3</b> 8:15 am Wake Up Weekend Yoga