



September 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 CLOSED <i>Established 2005. Under Current Ownership Since</i>	3 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Vickie 6:45 pm Yin Yoga *-Nicole	4 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 5:30 pm Yoga Teacher Training-Nicole 6:45 pm Pilates- Vickie	5 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Gabby 5:30 pm Slow Flow Yoga I/II*-Nicole	6 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)	7 9:30 am Meet the Trainees Karma Community Yoga Class** (1:00 pm Explore the Chakras Series**-Nicole)
8 9:30 am Vinyasa Yoga-Liz 4:00 pm Chakra Yoga-Alanna	9 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	10 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga *-Nicole	11 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Gabby	12 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	13 9:30 am Yoga I/II- Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)	14 9:30 am All Levels Yoga - Liz 11 am Written Exam YTT Be Sure to Wish them Luck!
15 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna	16 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	17 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Gabby 6:45 pm Yin Yoga with candlelight*-Nicole	18 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Gabby	19 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	20 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) 5:30 pm Organic Flow Yoga with candlelight*-Nicole	21 9:30 am All Levels Yoga - Liz 11 am YTT Graduation
22 9:30 am Blissful Restorative for the 1st Day of Fall*-Nicole 4:00 pm Mindful Flow Yoga-Alanna	23 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole	24 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 5:30 pm Just Breathe & Read Book Club 6:45 pm Yin Yoga with candlelight*-Nicole	25 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Vickie 6:45 pm Pilates- Vickie	26 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole	27 9:30 am Yoga I/II-Vickie (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)	28 9:30 am All Levels Yoga - Liz 10:45 am Slow Flow Yoga I/II*-Mary
29 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna	30 9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga II/III *-Nicole	1 *75-90 min class **2 hour class ***2 1/2 hour class	2 Like Us on Facebook: justbreatheyogastudiolorme	3	DROP-IN CLASSES DAILY, WEEKLY OR MONTHLY DO NOT REQUIRE PRE-REGISTRATION. <hr/> (SPECIAL SESSIONS, EVENTS & WORKSHOPS) <u>PRE-REGISTRATION REQUIRED.</u>	

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Some restrictions may apply.

