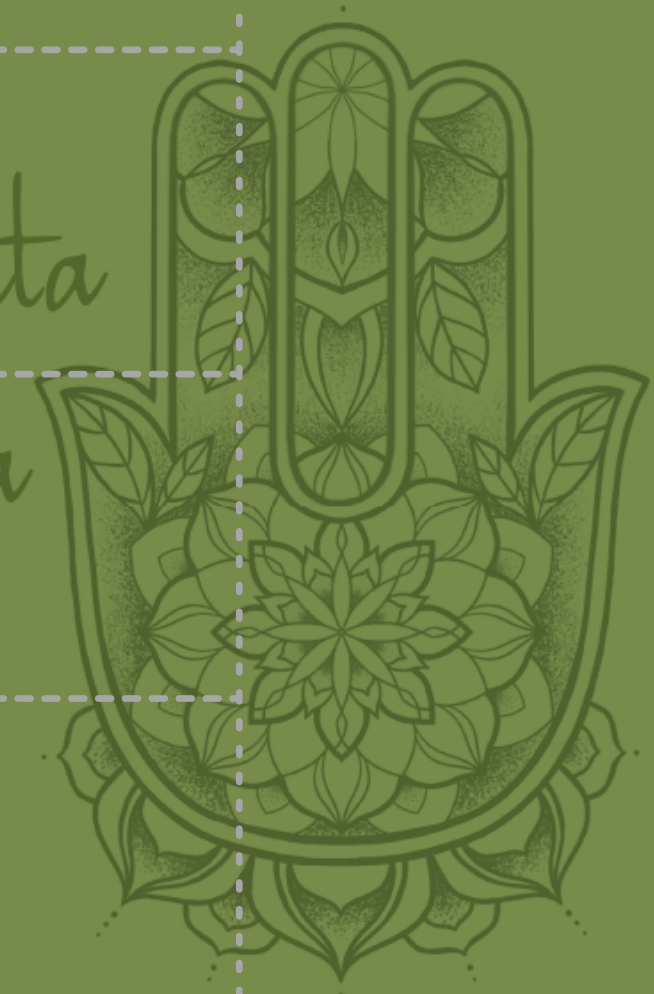


# STUDIO

# SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6 10:00 am Self Love Hatha/Gentle Charu	7	8 5:45 pm Slow Flow Becca	9
10 7:00 pm Calm Mark	11	12	13 10:00 am Self Love Hatha/Gentle Charu	14	15 5:45 pm Slow Flow Becca	16
17 7:00 pm Calm Mark	18	19	20 10:00 am Self Love Hatha/Gentle Charu	21	22 5:45 pm Slow Flow Becca	23
24 7:00 pm Calm Cindi	25	26	27 10:00 am Self Love Hatha/Gentle Charu	28	29 5:45 pm Slow Flow Becca	30

Single Class Sign  
ups available.  
[Book Here](#)

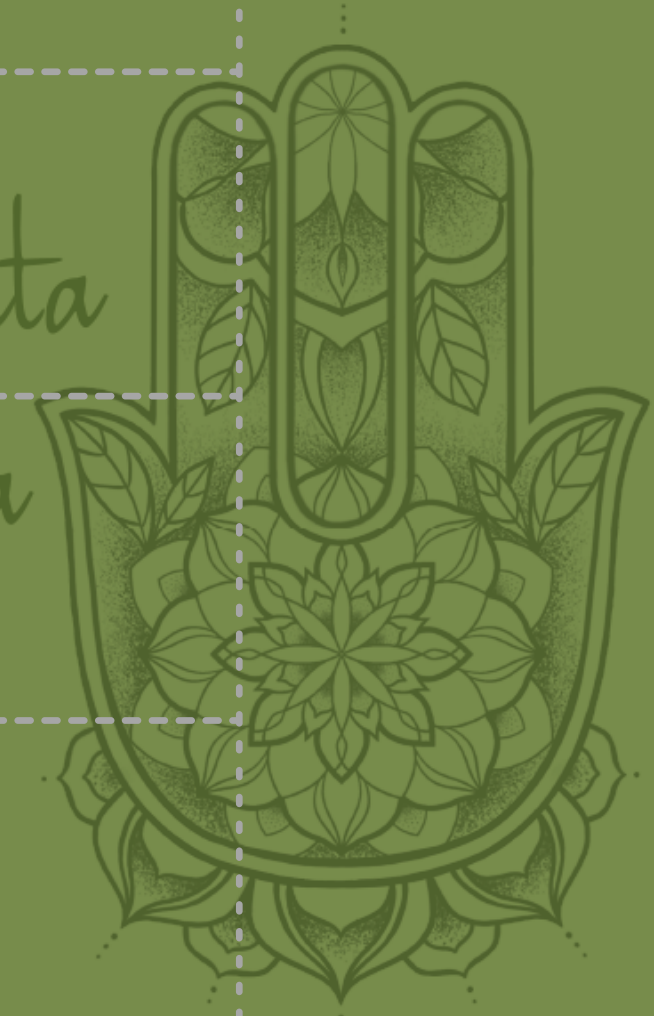


ONLINE

# SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 9:30 am Morning Flow	6	7	8 9:30 am Morning Flow	9
10	11	12 9:30 am Morning Flow	13	14	15 9:30 am Morning Flow	16
17	18	19 9:30 am Morning Flow	20	21	22 9:30 am Morning Flow	23
24	25	26 9:30 am Morning Flow	27	28	29 9:30 am Morning Flow	30

*Anahata  
Yoga*



Single Class Sign ups available.  
[Book Here](#)