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**FALL CLASSES SCHEDULE**

**September 9 – December 20 2019**

**Monday:** 9:30-10:30am Chair Yoga

6:30-8:00pm Hatha Yoga

**Tuesday:** 6:30-7:30pm Restorative Yoga

**Wednesday:** 9:30-10:30am Pilates

**Thursday:** 9:30-10:30am Chair Yoga

 5:30-6:30pm Hatha Yin Yoga

 **September 19, 26 & October 3, 10**

 7:00 New to Yoga

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