OCTOBER

when you find me, i'll be kickin' da leaves

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2 6:30-7:30 am Rise & Flow 9:00-10:00 am Accessible/Chair	3 7:15-8:15 pm Restorative/Yin	4 9:00-10:00 AM Mid-AM Gentle Flow	5 8:00-9:00 AM Self-Care Hatha Flow
6	7 5:45-6:45 Early AM 9-10 Mid AM Gentle 11:30-12 Lunch Exp 5:30-6:30 Gentle Flow	8	9 6:30-7:30 am Rise & Flow 9:00-10:00 am Accessible/Chair	10 7:15-8:15 pm Restorative/Yin	11 9:00-10:00 AM Mid-AM Gentle Flow	12 8:00-9:00 AM Self-Care Hatha Flow
13	14 Columbus Day Indigenous Peoples' Day 5:45-6:45 Early AM 9-10 Mid AM Gentle 11:30-12 Lunch Exp 5:30-6:30 Gentle Flow	15	16 6:30-7:30 am Rise & Flow 9:00-10:00 am Accessible/Chair	17 7:15-8:15 pm Restorative/Yin	18 9:00-10:00 AM Mid-AM Gentle Flow	19 8:00-9:00 AM Self-Care Hatha Flow
20	21 5:45-6:45 Early AM 9-10 Mid AM Gentle 11:30-12 Lunch Exp 5:30-6:30 Gentle Flow	22	23 6:30-7:30 am Rise & Flow 9:00-10:00 am Accessible/Chair	24 7:15-8:15 pm Restorative/Yin	25 9:00-10:00 AM Mid-AM Gentle Flow	26 8:00-9:00 AM Self-Care Hatha Flow
27	28 5:45-6:45 Early AM 9-10 Mid AM Gentle 11:30-12 Lunch Exp 5:30-6:30 Gentle Flow	29	30 6:30-7:30 am Rise & Flow 9:00-10:00 am Accessible/Chair	31 Halloween No Class due to Halloween	1	2

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