

September 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | |
|--------|--------------------------|---------|---|----------|-----------------------------------|----------------------------|----|------------------------|----|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | | | |
| 16 | 17 | 18 | 19 | 20 | 9:30a Express Yoga Faith Class | 22 | | | |
| 23 | 6:45p Holy Yoga class | 24 | 25 | 26 | 27 | 9:30a Holy Yoga Express | 28 | 9a RevWell Meet- Up | 29 |
| 30 | 1 | 2 | 9:15a Adaptive chair Yoga flow 10:15a Holy Yoga Mat Flow | 3 | 4 | 5 | 6 | | |