

# OCTOBER 2018 MOUNTAIN MOON YOGA SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 7:45 H/Flow/Thomas 9:15 Hatha/Sue  5:30 Reset/Thomas 7:00 After Work/Thomas	<b>2</b> 9:15 Yin/Debbe  5:30 Flow/Lisa	<b>3</b> 7:45 Hatha/Flow/Lisa  5:30 Heart/Hips/Dana 6:45 Rejuvenate/Dana	<b>4</b> 7:45 Hatha/Flow/Cathy 9:15 Yin/Cathy  7:00 Meditation Event Ananda <b>(FREE)</b>	<b>5</b> 9:15 Destress/Dana  5:30 Gentle/Cathy	<b>6</b> 8:00 Hatha/Cathy
<b>7</b> 8:00 Empower/Peace Sue  5:00 Reiki/Restore/Thomas, \$25	<b>8</b> 7:45 H/Flow/Thomas 9:15 Hatha/Sue  5:30 Reset/Thomas 7:00 After Work/Thomas	<b>9</b> 9:15 Yin/Debbe  5:30 Flow/Lisa	<b>10</b> 7:45 Hatha/Flow/Lisa  5:30 Heart/Hips/Dana 6:45 Rejuvenate/Dana	<b>11</b> 7:45 Hatha/Flow/Cathy 9:15 Yin/Cathy  5:30 Hatha/Med Cathy	<b>12</b> 9:15 Destress/Dana  5:30 Gentle/Cathy	<b>13</b> 8:00 Hatha/Cathy
<b>14</b> 8:00 Empower/Peace Sue	<b>15</b> 7:45 H/Flow/Thomas 9:15 Hatha/Sue  5:30 Reset/Thomas 7:00 After Work/Thomas	<b>16</b> 9:15 Yin/Debbe  5:30 Flow/Lisa	<b>17</b> 7:45 Hatha/Flow/Lisa  5:30 Heart/Hips/Dana 6:45 Rejuvenate/Dana	<b>18</b> 7:45 Hatha/Flow/Lisa  5:30 Hatha/Med Thomas	<b>19</b> 9:15 Destress/Dana  5:30 Gentle/Thomas	<b>20</b> 8:00 Hatha/Lisa
<b>21</b> 8:00 Empower/Peace Sarah	<b>22</b> 7:45 Hatha/Flow/Marg 9:15 Hatha/Margaret  5:30 Reset/Thomas 7:00 After Work/Thomas	<b>23</b> 7:45 Flow/Margaret (Intermediate) 9:15 Yin/Margaret <b>DONATION</b>  5:30 Flow/Lisa	<b>24</b> 7:45 Hatha/Flow/Lisa  5:30 Heart/Hips/Dana 6:45 Rejuvenate/Dana	<b>25</b> 7:45 Hatha/Flow Colleen 9:15 Yin/Colleen  5:30 Hatha/Med Margaret	<b>26</b> 9:15 Destress/Margaret  5:30 Gentle/Margaret <b>DONATION</b>	<b>27</b> 8:00 Hatha/Lisa
<b>28</b> 8:00 Empower/Peace Margaret  10:00 Neck/Shoulders/Margaret, \$100  5:00 Restore/Nidra/Dana, \$25	<b>29</b> 7:45 Hatha/Flow/Marg <b>DONATION</b> 9:15 Hatha/Margaret  5:30 Reset/Thomas 7:00 After Work/Thomas	<b>30</b> 7:45 Flow/Margaret (Intermediate) 9:15 Yin/Margaret  5:30 Flow/Lisa	<b>31</b> 7:45 Hatha/Flow/Lisa  5:30 Heart/Hips/Dana <b>DONATION</b> 6:45 Rejuvenate/Dana			

--	--	--	--	--	--	--