

SEPTEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9 AM-YOGA	3 5:30 AM YOGA EXPRESS	4	5	6	7 9 AM YOGA
8	9 9 AM-YOGA	10 5:30 AM YOGA EXPRESS	11	12	13	14 9 AM YOGA
15	16 9 AM-YOGA	17 5:30 AM YOGA EXPRESS	18	19	20	21
22	23 9 AM-YOGA	24 5:30 AM YOGA EXPRESS	25	26	27	28 9 AM YOGA
29 6:30 PM RESTORATIVE	30 9 AM-YOGA	1	2	3	4	5

**CHECK OUR SITES
FOR SCHEDULE UPDATES**



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Facebook and Instagram at True North Yoga