

## Mystic Moonlight Yoga - September 2023

Su	Mo	Tu	We	Th	Fr	Sa
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*ALL OF ALEX'S TUESDAY CLASSES ARE ON THE LAWN AT LAUREL ARTS DRESSLER CENTER FOR SEPTEMBER. RAIN LOCATION IS THE YOGA STUDIO.						
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga -Cyndy	6 pm Ashtanga Yoga 101	-Cyndy @ Lake Stonycreek		
	<b>Labor Day - No class</b>	@ Lake Stonycreek	- Private group, must contact	5 pm Mat Pilates - Bobbie		
		6 pm Gentle Yoga @ LA Lawn - Alex	Bobbie at (814) 701-6010	6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch @LA Lawn -Alex		7:15 Gentle Yoga - Alex		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga -Cyndy	6 pm Ashtanga Yoga 101	-Cyndy @ Lake Stonycreek		
	6 pm Standing Pilates	@ Lake Stonycreek	- Private group, must contact	5 pm Mat Pilates - Bobbie		
	-Bobbie	6 pm Gentle Yoga @ LA Lawn - Alex	Bobbie at (814) 701-6010	6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch @LA Lawn -Alex		7:15 Gentle Yoga - Alex		
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
		10 am Strength Building Yoga Flow - Alex*		10 am Gentle Stretch/Yoga		
	6 pm Standing Pilates	5:30 pm Gentle Stretch/Yoga -Cyndy	6 pm Ashtanga Yoga 101	-Cyndy @ Lake Stonycreek		
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<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
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