

Mystic Moonlight Yoga - October 2024

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek 6 pm Yin Yoga - Bobbie		
		6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
6	7	8	9	10	11	12
		10 am Strength Yoga - Alex		No class @ lake today		
		No class @ lake tonight	6 pm Intermediate Yoga			
	6 pm Weighted Pilates -Bobbie	6 pm Gentle Yoga - Alex	- Bobbie	6 pm Yin Yoga - Bobbie		
		7:15 Strength+Stretch - Alex				
13	14	15	16	17	18	19
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek 6 pm Yin Yoga - Bobbie		
	6 pm Weighted Pilates -Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
20	21	22	23	24	25	26
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates -Bobbie	5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek 6 pm Yin Yoga - Bobbie		
		6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
27	28	29	30	31		
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
	6 pm Weighted Pilates -Bobbie	5:30 pm Gentle Stretch/Yoga - Cyndy @ Lake Stonycreek	6 pm Intermediate Yoga - Bobbie	-Cyndy @ Lake Stonycreek 6 pm Yin Yoga - Bobbie		
		6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				