

Let us know you are coming! Please text/call the instructor to register for classes.
 Registering the day before class is greatly appreciated.

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 No AM class, Instructor out-of town AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	2 No AM class, Instructor out-of town	3 No AM class, Instructor out-of town	4	5
6	7	8 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	9 AHA Healthy Heart Yoga Kelly 251-753-1937	10 Brain Boost Yoga 9:30 - 10:20 Kelly 251-753-1937	11	12
13	14	15 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	16 AHA Healthy Heart Yoga Kelly 251-753-1937	17 Brain Boost Yoga 9:30 - 10:20 Kelly 251-753-1937	18	19
20	21	22 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	23 AHA Healthy Heart Yoga Kelly 251-753-1937	24 Brain Boost Yoga 9:30 - 10:20 Kelly 251-753-1937	25	26
27	28	29 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	30 AHA Healthy Heart Yoga Kelly 251-753-1937	31 Brain Boost Yoga 9:30 - 10:20 Kelly 251-753-1937		