

# Practice: September 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	2 7p Group Reformer [Kitty]	3 500p 30-Minute Jumpboard Class [Leslie]	4	5 10a Matwork [Kitty]	6 9a Vinyasa Flow Yoga [Joan]
7 LABOR DAY No mat class ☺	8 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	9 7p Group Reformer [Teresa]	10 500p 30-Minute Jumpboard Class [Leslie]	11	12 10a Matwork [Teresa]	13 9a Vinyasa Flow Yoga [Joan]
14 7p Matwork [Teresa]	15 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	16 7p Group Reformer [Kitty]	17 530p 30-Minute Jumpboard Class [Leslie]	18	19 10a Matwork [Kitty]	20 9a Vinyasa Flow Yoga [Joan]
21 7p Matwork [Aly]	22 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	23 7p Group Reformer [Leslie]	24 500p 30-Minute Jumpboard Class [Leslie]	25 1p – 630p Intensive Stability Chair [Patrick]	26 10a Matwork [Kitty] 12p-530p Intensive Stability Chair [Patrick]	27 9a Vinyasa Flow Yoga [Matt] 1030a – 4p Intensive Stability Chair [Patrick]
28 7p Matwork [Aly]	29 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	30 7p Group Reformer [Teresa]				

## EVENTS

PRACTICE  
FITNESS FOR LIFE  
5575 FAR HILLS AVE  
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### CLASS CHANGES:

The 7pm Monday Matwork class is cancelled for Labor Day, September 7<sup>th</sup>.