



# COMMUNITY-BODY-MIND

## SEPTEMBER 2023

### CLASS SCHEDULE



#### MONDAY -

8:00 am "BLISS THE DAY AWAY" YOGA FLOW - w/Corey

#### TUESDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Amy

9:30 am "SCULPT X BANDS" BUTI YOGA - w/Cassie

#### WEDNESDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Corey

12:00 pm "BLISS THE DAY AWAY" YOGA FLOW - w/Corey

5:30 pm "BOXING FOR FITNESS" CRAFT WELLNESS - w/Renee

#### THURSDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Amy

#### FRIDAY -

8:00 am "MORNING GLOW" YOGA FLOW - w/Amy

12:00 pm "BLISS THE DAY AWAY" YOGA FLOW - w/Corey

#### SATURDAY -

9:00 am "SCULPT X BANDS" BUTI YOGA - w/Cassie

10:00 am "BLISS THE DAY AWAY" YOGA FLOW - w/Cassie

#### SUNDAY -

10:00 am "MORNING GLOW" YOGA FLOW - w/Corey