



SEPTEMBER 2018

Register ONLINE : www.sanghacenteryoga.com

Please preregister for classes marked ()

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
2 9am \$5 Community Yoga	3 CLOSED	4 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	5 6pm Power Flow 7:30 Beginner Yoga	6 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	7 9:30 Yoga Lab	8 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner *RYT200
9 9am \$5 Community Yoga *RYT200	10 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	11 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	12 6pm Power Flow 7:30 Beginner Yoga	13 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	14 6pm Primary in the Park	15 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
16 9am \$5 Community Yoga	17 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	18 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	19 6pm Power Flow 7:30 Beginner Yoga	20 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	21 9:30 Yoga Lab 6pm Outdoor Beginner Yoga and Meditation	22 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner
23/30 9am \$5 Community Yoga	24 9:30 B&B Yoga 6pm Flow Yoga 7:30 Beginner Yoga	25 9:30 B&B Yoga 5:30 Gentle Flow 7pm Primary Series	26 6pm Power Flow 7:30 Beginner Yoga	27 9:30 B&B Yoga 6pm Vinyasa Flow 7:30 Yin Yoga	28 9:30 Yoga Lab 6:30 Restorative Yoga	29 9 Vinyasa Flow 10:35 Meditation 11:30 Beginner

Stay Fit Challenge sheets are available at the studio. Pick one up and complete to win a prize!