

INSPIRE YOGA STUDIO SCHEDULE SEPTEMBER 2022

SUN

MON

TUE

WED

THU

FRI

SAT

				1	2	3
				6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Leah	12:15-1:00pm Yoga Sculpt w/ Sue	
4	5	6	7	8	9	10
			12:00-12:45pm Hatha Yoga w/ Sue 5:30-6:30pm Hatha Yoga w/ Alex 7:00-8:00pm Yin Yang Yoga w/ Brooke L	8:00-9:00pm Candlelight Yin w/ Leah	12:15-1:00pm Yoga Sculpt w/ Sue	9:30-10:30am All Levels Flow w/ Leah 11:00-12:00pm Restorative Yoga w/ Leah
11	12	13	14	15	16	17
	7:00-8:00pm All Levels Flow w/ Leah		12:00-12:45pm Hatha Yoga w/ Sue 5:30-6:30pm Hatha Yoga w/ Alex 7:00-8:00pm Yin Yang Yoga w/ Brooke L	6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Leah	12:15-1:00pm Yoga Sculpt w/ Sue	9:30-10:30am All Levels Flow w/ Leah 11:00-12:00pm Restorative Yoga w/ Leah
18	19	20	21	22	23	24
1:30-2:30pm Aerial Basics w/ Emily 3:00-4:00pm Aerial Intermediate w/ Emily	7:00-8:00pm All Levels Flow w/ Laura	6:00-7:00pm All Levels Flow w/ Brooke M 7:30-8:30pm Candlelight Yin w/ Leah	12:00-12:45pm Hatha Yoga w/ Sue 5:30-6:30pm Hatha Yoga w/ Alex 7:00-8:00pm Yin Yang Yoga w/ Brooke L	6:30-7:30pm Aerial Yoga w/ Emily 8:00-9:00pm Candlelight Yin w/ Leah	12:15-1:00pm Yoga Sculpt w/ Sue	9:30-10:30am All Levels Flow w/ Brooke M 11:00-12:00pm Restorative Yoga w/ Brooke M
25	26	27	28	29	30	
1:30-2:30pm Aerial Basics w/ Emily 3:00-4:00pm Aerial Intermediate w/ Emily	7:00-8:00pm All Levels Flow w/ Leah	6:00-7:00pm All Levels Flow w/ Brooke M 7:30-8:00pm Candlelight Yin w/ Leah	5:30-6:30pm Hatha Yoga w/ Alex 7:00-8:00pm Yin Yang Yoga w/ Brooke L	8:00-9:00pm Candlelight Yin w/ Leah		

Sign up on MindBody app or Visit www.livebreatheinspire.com