



YOGA Class Schedule

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3 11:00am-12:00pm Susan Wallace-Blais (YMCA Studio)	4	5 11:00am-12:00pm Donna Montanchez (YMCA Studio)	6	7 10:30am-12:00pm Donna Montanchez (YMCA Gymnasium)
8	9	10 11:00am-12:00pm Susan Wallace-Blais (YMCA Studio)	11	12 11:00am-12:00pm Susan Wallace-Blais (YMCA Studio)	13	14 9:30am-10:00am Amanda Hobart (YMCA Gymnasium)
15	16 7:00pm-8:15pm Nancy Timbrell-Muckle (LCLC Studio)	17 11:00am-12:00pm Susan Wallace-Blais (YMCA Studio)	18	19 11:00am-12:00pm Donna Montanchez (YMCA Studio)	20	21 9:30am-10:00am Amanda Hobart (YMCA Gymnasium)
22	23 7:00pm-8:15pm Nancy Timbrell-Muckle (LCLC Studio)	24 11:00am-12:00pm Susan Wallace-Blais (YMCA Studio)	25	26 11:00am-12:00pm Pam Greer (YMCA Studio)	27	28 9:30am-10:00am Pam Greer (YMCA Gymnasium)
29	30 7:00pm-8:15pm Nancy Timbrell-Muckle (LCLC Studio)	Lunenburg County Lifestyle Centre Studio 135 North Park St, Bridgewater T.902-530-4100			Lunenburg County YMCA 75 High St, Bridgewater T.902-543-9622	