

SEPTEMBER 2023



CLASS KEY

SUKHA YOGA THORNHILL - SK

SHRED905 - 905

WELLNESS FAMILY CARE - WC

NOTES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 5:00pm - SK	6 6:30am - SK 9:30am - SK 8:30pm - 905	7 7:00pm - WC	8	9
10	11 6:30am - SK 7:00pm - WC	12 5:00pm - SK	13 6:30am - SK	14 7:00pm - WC	15	16
17	18 6:30am - SK 7:00pm - WC	19 5:00pm - SK	20 6:30am - SK 9:30am - SK 8:30pm - 905	21 7:00pm - WC	22	23
24	25 6:30am - SK	26 5:00pm - SK	27 6:30am - SK 8:30pm - 905	28 7:00pm - WC	29	30