

September 2019 at J&J Movement Factory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO CLASSES!	2 NO CLASSES: LABOR DAY	3 6:15P-7:15P Yoga/Pilates w/Diana	4 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM	5 5:45A-6:30A Power Yoga w/Mel 6:15P-7:15P Yoga/Pilates w/Diana 7:30P-8:30P Circuit Train w/Eric	6 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i> 6:00P-7:00P Sekoia Yoga w/JenH	7 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
8 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	9 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 5:45P-6:45P Circuit Train w/Eric	10 6:15P-7:15P Yoga/Pilates w/Diana	11 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM	12 5:45A-6:30A Power Yoga w/Mel 6:15P-7:15P Yoga/Pilates w/Diana 7:30P-8:30P Circuit Train w/Eric	13 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	14 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
15 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	16 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 5:45P-6:45P Circuit Train w/Eric	17 6:15P-7:15P Yoga/Pilates w/Diana	18 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM	19 5:45A-6:30A Power Yoga w/Mel 6:15P-7:15P Yoga/Pilates w/Diana 7:30P-8:30P Circuit Train w/Eric	20 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i> 6:00P-7:00P Sekoia Yoga w/JenH	21 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
22 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	23 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 5:45P-6:45P Circuit Train w/Eric	24 6:15P-7:15P Yoga/Pilates w/Diana	25 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM	26 5:45A-6:30A Power Yoga w/Mel 6:15P-7:15P Yoga/Pilates w/Diana 7:30P-8:30P Circuit Train w/Eric	27 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	28 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Kam 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
29 6:45P-7:45P Restorative Yoga w/Mel	30 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 5:45P-6:45P Circuit Train w/Eric				<i>*Women Only Classes are in italics</i>	