

September Schedule

Monday	6:00 AM	9:45 AM	12noon - M	4:30 PM	6:00 PM 6:00 PM - F
Tuesday	6:00 AM	9:45 AM	12noon - F		6:00 PM
Wednesday	6:00 AM	9:45 AM	12noon - M	4:30 PM	6:00 PM 6:00 PM - F
Thursday	6:00 AM	9:45 AM 9:45 AM - F			6:00 PM
Friday	6:00 AM	9:45 AM	12noon - M	4:30 PM	
Saturday	8:30 AM 8:30 AM - F	9:45 AM			
Sunday	8:30 AM		12:30 PM	4:00 PM	

F - Foundations Cool Class (Beginning/Fundamentals)

M - Meditation Class (by donation to instructor)