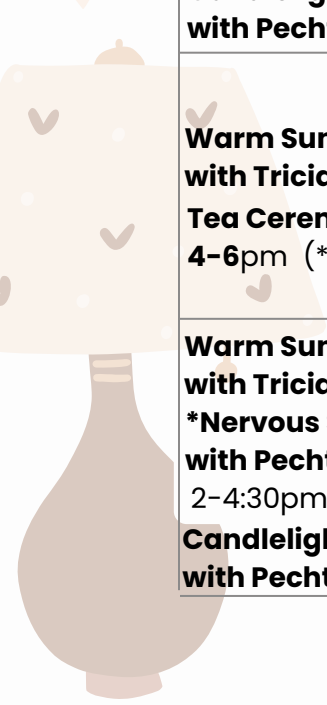
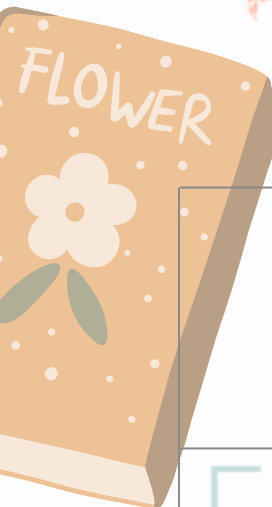


September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Restorative with Chris 5:30pm Restorative with Ben 7pm	3 *** CLOSED - FLOYD YOGA JAM! ***	4 *** CLOSED - FLOYD YOGA JAM! ***	5
6 *** CLOSED - FLOYD YOGA JAM! ***	7	8	9 Restorative with Chris 5:30pm Restorative with Ben 7pm	10 Gentle Flow with Tricia 5:30-6:30pm Vinyasa Flow with Janelle 7-8:15pm	11	12 Good Morning Bhakti Flow with Chris 10-11:15am
13 Sunday Morning Flow with Pechta (subbing) 10-11:15am Creative Current: The Listening Pen with Chris & Amy 2-4:30pm (*\$50) Candlelight Yoga & Soundbath with Pechta 7-8:15pm	14	15	16 Restorative with Chris 5:30pm Restorative with Ben 7pm	17 Gentle Flow with Ben (subbing) 5:30-6:30pm Vinyasa Flow with Janelle 7-8:15pm	18	19 Good Morning Bhakti Flow with Chris 10-11:15am
20 Warm Sunday Morning Flow with Tricia 10-11:15am Tea Ceremony with Asiya 4-6pm (*\$34)	21	22	23 Restorative with Chris 5:30pm Restorative with Ben 7pm	24 Gentle Flow with Tricia 5:30-6:30pm Vinyasa Flow with Janelle 7-8:15pm	25	26 Good Morning Bhakti Flow with Chris 10-11:15am
27 Warm Sunday Morning Flow with Tricia 10-11:15am *Nervous System Reset Workshop with Pechta & Michaela 2-4:30pm (*\$30) Candlelight Yoga & Soundbath with Pechta 7-8:15pm	28	29	30 Restorative with Chris 5:30pm Restorative with Ben 7pm			

