

September Fitness

naturespa

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<p>Class \$12 Class 10/\$80</p>					<p>1 730a summit hike/ mountain top yoga</p> <p>9a yoga 11a aquafit</p>	<p>2 Triathafun 9a yoga 10a Hike 11am Aquafit 11am mountain hike</p>
<p>3 10am yoga</p> <p>530p gym class</p>	<p>4 1030a aquafit</p> <p>6p yoga</p>	<p>5 9a gentle yoga</p> <p>530 yoga</p>	<p>6 1030a aquafit</p> <p>530 grateful yoga</p>	<p>7 430 yoga</p>	<p>8 730a summit hike/ mountain top yoga</p> <p>9a yoga 11a aquafit</p>	<p>9 730a summit hike/ mountain top yoga 9a yoga 11am mountain hike</p>
<p>10 10am yoga</p> <p>530p gym class</p>	<p>11 1030a aquafit</p> <p>6p yoga</p>	<p>12 9a gentle yoga</p> <p>530 yoga</p>	<p>13 1030a aquafit</p> <p>530 grateful yoga</p>	<p>14 430 yoga</p>	<p>15 730a summit hike/ mountain top yoga</p> <p>9a yoga 11a aquafit</p>	<p>16 730a summit hike/ mountain top yoga 9a yoga 11am mountain hike</p>
<p>17 10am yoga</p> <p>530p gym class</p>	<p>18 1030a aquafit</p> <p>6p yoga</p>	<p>19 9a gentle yoga</p> <p>530 yoga</p>	<p>20 1030a aquafit</p> <p>530 grateful yoga</p>	<p>21 430 yoga</p>	<p>22 730a summit hike/ mountain top yoga</p> <p>9a yoga 11a aquafit</p>	<p>23 730a summit hike/ mountain top yoga 9a yoga 11am mountain hike</p>
<p>24 10am yoga</p> <p>530p gym class</p>	<p>25 1030a aquafit</p> <p>6p yoga</p>	<p>26 9a gentle yoga</p> <p>530 yoga</p>	<p>27 1030a aquafit</p> <p>530 grateful yoga</p>	<p>28 430 yoga</p>	<p>29 730a summit hike/ mountain top yoga</p> <p>9a yoga 11a aquafit</p>	<p>30 730a summit hike/ mountain top yoga 9a yoga 11am mountain hike</p>

