

# BEYOND PT SCHEDULE

## OCTOBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>3</b> 7:30 am – Mobility Flow	<b>4</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>10</b> 7:30 am – Mobility Flow	<b>11</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>12</b>
<b>13</b>	<b>14</b> 12:00 pm – Melt Monday	<b>15</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>16</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>17</b> 7:30 am – Mobility Flow 6:00 pm – Alignment Yoga - Level 1	<b>18</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>19</b> 9:30 am – Alignment Yoga - Level 2
<b>20</b>	<b>21</b>	<b>22</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>23</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	<b>24</b> 7:30 am – Mobility Flow 6:00 pm – Alignment Yoga - Level 1	<b>25</b> 7:30 am – SlowFlow 10:00 am – Tai Chi	<b>26</b> 9:30 am – Alignment Yoga - Level 2
<b>27</b>	<b>28</b>	<b>29</b> 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	<b>30</b> 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement	<b>31</b> 7:30 am – Mobility Flow 6:00 pm – Alignment Yoga - Level 1		

SlowFlow, *Jessica Day* | MELT, *Diane Shiffer* | Alignment Yoga, *DeeAnn Dougherty* | Tai Chi for Better Balance, *Jim Dalton*  
 MELT Monday, *Kim Reis* | Exploring Movement, Exploring Stillness, *Jim Dalton* | Keep Moving with Essentrics, *Jan Landis*  
 Pilates Flow Mat Class, *Shannon Coffel Vial* | Mobility Flow, *Diane Shiffer*

