

October 2020

YOGA

with Nalini

NUTSMASTE

The Crazy in Me
Honours the Crazy in You



—UPLIFT—

Be your own Hero. Be safe.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 9:30 – 10:30 (Lunch Break Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	2	3 9:30 – 10:30 (Yoga)@Debra Franco's Dance Studio Tennis Courts Pavilion
4	5	6 CT 9:00 – 10:00	7 9:30 – 10:30 (Just Stretch and Relax Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	8 9:30 – 10:30 (Lunch Break Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	9	10 9:30 – 10:30 (Yoga)@Debra Franco's Dance Studio Tennis Courts Pavilion
11	12	13 CT 9:00 – 10:00	14 9:30 – 10:30 (Just Stretch and Relax Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	15 9:30 – 10:30 (Lunch Break Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	16	17 9:30 – 10:30 (Yoga)@Debra Franco's Dance Studio Tennis Courts Pavilion
18	19	20 CT 9:00 – 10:00	21 9:30 – 10:30 (Just Stretch and Relax Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	22 9:30 – 10:30 (Lunch Break Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	23	24 9:30 – 10:30 (Yoga)@Debra Franco's Dance Studio Tennis Courts Pavilion
25	26	27 CT 9:00 – 10:00	28 9:30 – 10:30 (Just Stretch and Relax Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	29 9:30 – 10:30 (Lunch Break Yoga) @Debra Franco's Dance Studio Tennis Courts Pavilion	30  Namaste	31 9:30 – 10:30 (Yoga)@Debra Tennis Courts Pavilion