

# JANUARY 2024

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Zoom 10am Yin Yoga	4 Zoom 10am Yoga with weights	5	6
7	8 Zoom 10am Gentle Flow	9	10 Zoom 10am Yin Yoga	11 Zoom 10am Yoga with weights	12	13
14 Live on Zoom Gentle Yoga for Everyone 10am Invite Your Friends	15 Zoom 10am Gentle Flow	16	17 Zoom 10am Yin Yoga	18 Zoom 10am Yoga Flow	19	20
21	22 Zoom 10am Gentle Flow	23	24 Zoom 10am Yin Yoga	25 Zoom 10am Yoga with Weights	26	27
28	29 Zoom 10am Gentle Flow	30	31 Zoom 10am Yin Yoga	Feb 1 Zoom 10am Yoga Flow	Feb 2	

No Class on January 1 Happy New Year