

September 2023 [Yoga Club](#) Challenge

My Goal = ____ classes a week for a total of ____ classes this month

Classes are shown in Eastern Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Gentle - 49 mins	2 Moderate - 58 mins <i>Or Moderate Class on Zoom 9am</i>
3 Slow Flow & Restore - 62 mins <i>Or Slow Flow & Restore on Zoom 9:30am</i>	4 Gentle (no standing) - 34 mins <i>Or Gentle Yoga on Zoom 9pm</i>	5 Vigorous - 42	6 Gentle Flow - 55 mins <i>Or Gentle Class on Zoom 9:30am</i>	7 Restorative - 57 mins <i>Or Yoga Class on Zoom 9pm</i>	8 Vinyasa - 32 mins	9 Moderately Advanced - 48 mins <i>Or Moderate Class on Zoom 9am</i>
10 Slow Flow & Restore - 57 mins (A) <i>Or Slow Flow & Restore on Zoom 9:30am</i>	11 Gentle Yoga - 79 mins <i>Or Gentle Yoga on Zoom 9pm</i>	12 Shoulder Stand Tutorial then Intermediate with Shoulder Stand - 46 mins	13 Gentle - 50 mins <i>Or Gentle Class on Zoom 9:30am</i>	14 Core Yoga - 38 mins <i>Or Yoga Class on Zoom 9pm</i>	15 Vigorous - 48 mins	16 Moderate - 59 mins <i>Or Moderate Class on Zoom 9am</i>
17 Slow Flow & Restore - 70 mins <i>Or Slow Flow & Restore on Zoom 9:30am</i>	18 Gentle Flow - 68 mins <i>Or Gentle Yoga on Zoom 9pm</i>	19 Vigorous Flow - 27 mins	20 Gentle - 63 mins <i>Or Gentle Class on Zoom 9:30am</i>	21 Gently Moderate - 63 mins <i>Or Yoga Class on Zoom 9pm</i>	22 Mildly Moderate - 59 mins	23 Moderate - 29 mins <i>Or Moderate Class on Zoom 9am</i>
24 Slow Flow & Restore 75 mins <i>Or Slow Flow & Restore on Zoom 9:30am</i>	25 Gentle - 57 mins <i>Or Gentle Yoga on Zoom 9pm</i>	26 Vigorous - 58 mins	27 Gentle - 58 mins (B) <i>Or Gentle Class on Zoom 9:30am</i>	28 Restore - 62 <i>Or Yoga Class on Zoom 9pm</i>	29 Gentle Mindful Movement - 25 mins	30 Happy Hips - 68 mins <i>Or Moderate Class on Zoom 9am</i>