

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p style="text-align: center;">Pavonine Yoga Highland Falls September Schedule Changes possible – see our website www.pavonineyoga.com</p>						<p>1</p> <p>9am Hot Vinyasa (Melinda) (75 mins)</p> <p>5pm Hot Vinyasa (Meghann)</p>
<p>2</p> <p>9:30 Power Flow (Jill)</p> <p>6pm Warm Vinyasa (Melinda)</p>	<p>3</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Power Flow (Jill)</p>	<p>4</p> <p>9am Power Flow (Julia)</p> <p>5:30 Hot Vinyasa (Janesa)</p>	<p>5</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Yin (Jessica) (75 mins) (unheated)</p>	<p>6</p> <p>9am Warm Vinyasa (Julia)</p>	<p>7</p> <p>8:30 Hot Vinyasa (Delia)</p>	<p>8</p> <p>9am Hot Vinyasa (Melinda) (75 mins)</p> <p>5pm Hot Vinyasa (Meghann)</p>
<p>9</p> <p>9:30 Power Flow (Jill)</p> <p>6pm Warm Vinyasa (Melinda)</p>	<p>10</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Power Flow (Jill)</p>	<p>11</p> <p>9am Power Flow (Julia)</p> <p>5:30 Hot Vinyasa (Janesa)</p>	<p>12</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Yin (Jessica) (75 mins) (unheated)</p>	<p>13</p> <p>9am Warm Vinyasa (Julia)</p>	<p>14</p> <p>8:30 Hot Vinyasa (Delia)</p>	<p>15</p> <p>9am Hot Vinyasa (Instructor TBA) (75 mins)</p> <p>5pm Hot Vinyasa (Meghann)</p>
<p>16</p> <p>9:30 Power Flow (Jill)</p> <p>6pm Warm Vinyasa (Melinda)</p>	<p>17</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Power Flow (Instructor TBA)</p>	<p>18</p> <p>9am Power Flow (Julia)</p> <p>5:30 Hot Vinyasa (Janesa)</p>	<p>19</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Yin (Jessica) (75 mins) (unheated)</p>	<p>20</p> <p>9am Warm Vinyasa (Julia)</p>	<p>21</p> <p>8:30 Hot Vinyasa (Delia)</p>	<p>22</p> <p>9am Hot Vinyasa (Melinda) (75 mins)</p> <p>5pm Hot Vinyasa (Meghann)</p>
<p>23 + 30</p> <p>9:30 Power Flow (Jill)</p> <p>6pm Warm Vinyasa (Melinda)</p>	<p>24</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Power Flow (Instructor TBA)</p>	<p>25</p> <p>9am Power Flow (Julia)</p> <p>5:30 Hot Vinyasa (Janesa)</p>	<p>26</p> <p>6am Hot Yoga Boot Camp (Delia)</p> <p>6pm Yin (Jessica) (75 mins) (unheated)</p>	<p>27</p> <p>9am Warm Vinyasa (Julia)</p>	<p>28</p> <p>8:30 Hot Vinyasa (Delia)</p>	<p>29</p> <p>9am Hot Vinyasa (Instructor TBA) (75 mins)</p> <p>5pm Hot Vinyasa (Meghann)</p>