

# MYSTIC MOONLIGHT YOGA - OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 6:30 am DEEP - Alex 6 pm Gentle - Cyndy	<b>2</b> 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	<b>3</b> 9 am Slow Flow - Cyndy 6:00 pm DEEP - Alex	<b>4</b>	<b>5</b> 9 am Slow Flow - Cyndy
<b>6</b>	<b>7</b> 9 am Slow Flow - Cyndy 6 pm Gentle - Alex	<b>8</b> 6:30 am DEEP - Alex 6 pm Gentle - Cyndy	<b>9</b> 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	<b>10</b> 9 am Slow Flow - Cyndy 6:00 pm BUTI - Alex	<b>11</b>	<b>12</b>
<b>13</b> 9 am Buti Yoga - Alex	<b>14</b> 9 am Slow Flow - Cyndy 6 pm Gentle - Alex	<b>15</b> 6:30 am DEEP - Alex 6 pm Gentle - Cyndy	<b>16</b> 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	<b>17</b> 9 am Slow Flow - Cyndy 6:00 pm DEEP - Alex	<b>18</b>	<b>19</b> Uptown Jack O'Lantern Spectacular - Kids' Glow Yoga in studio 1:00, 1:30 and 2:00 pm*
<b>20</b>	<b>21</b> 9 am Slow Flow - Cyndy 6 pm Gentle - Alex	<b>22</b> 6:30 am DEEP - Alex 6 pm Gentle - Cyndy	<b>23</b> 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	<b>24</b> 9 am Slow Flow - Cyndy <b>NO PM CLASS</b> - Uptown Trick or Treat: Stop by studio 5 - 7 pm	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> 9 am Slow Flow - Cyndy 6 pm Gentle - Alex	<b>29</b> 6:30 am DEEP - Alex 6 pm Gentle - Cyndy	<b>30</b> 6 pm Strong Vinyasa - Alex 7:15 pm Rest + Restore - Alex	<b>31</b> 6 pm Halloween BOOTI GLOW!** - Alex (Glow paint available at 5:30)		
		<p>*FREE kids' demo blacklight glow yoga classes during uptown Jack O' Lantern event. Glowsticks provided.</p> <p>**BOOTI (Buti Yoga) Glow - regular drop-in/pass rate. Come early for body-safe blacklight glow paint. Lightweight costumes or white/neon clothing encouraged.</p> <p><b>Class descriptions, pricing and studio info online at <a href="http://mysticmoonlightyoga.com">mysticmoonlightyoga.com</a></b></p>				