



# September '23 Be Happy Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Susan Trudy Beshka Frances Shigeko Maria Sheila Angela</p> <p>Chie Martha Virginia Alesia Mary DeAnn Liz Julie</p>	<p>Receive \$ off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment.</p>	<p>45min Salt Cave sessions begin at the top of each hour:  <b>Monday-Friday 10am-6pm</b>  <b>Saturday 11am-5pm</b>  <b>Sunday 1pm-3pm</b>  <b>270-799-8070</b>  <a href="http://www.behappybg.com">www.behappybg.com</a></p>	<p>Must sign up for classes at least 75 minutes in advance!  <b>Underlined events are special pricing. Please ask for details!</b>  <b>Must pre-register by 5pm the day before events.</b></p>		<p>1  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>  <u>11:45pm CoreFirst</u>  <u>12:45pm Midday Stretch &amp; Flow Yoga</u>  <u>3:30pm Restorative Yoga then Salt</u></p>	<p>2            9:30 Yoga then Salt-Carmen  <u>11 am CoreFirst</u>  <u>Noon - Vinyasa Flow</u>    <u>2pm Guided Relaxation and Breathwork in the Salt Cave</u></p>
<p>3  <u>1:30pm Beginners to Basics</u>  <u>3pm Yoga then Salt</u>  <u>4:30 CoreFirst</u>  <u>5:30 Yin then Salt</u></p>	<p>4  <u>9:15am Restorative Yoga</u>  <u>11:15am CoreFirst</u>  <u>12:15pm Midday All-Levels Chair Yoga held on Tuesday-just this week!</u>  <b>Labor Day! Closing at 1 pm</b>  <b>Salt Cave Sessions at 10, 11, and Noon</b></p>	<p>5  <u>9:15 Yahweh Level 1</u>  <u>11:15am Yahweh Gentle</u>  <u>1:30 Chair Yoga</u>  <u>4pm Beginners to Basics</u>  <u>5:30 pm Restorative Yoga then Salt</u>  <u>7pm CoreFirst</u></p>	<p>6  <u>9:15am Gentle Yoga</u>  <u>11:15 CoreFirst</u>  <u>12:15pm Midday Stretch &amp; Flow Yoga</u>  <u>5pm Prenatal Yoga</u>  <u>6:30pm Slow Flow</u></p>	<p>7  <u>9:45am Slow Flow</u>  <u>11:15 CoreFirst-Morg</u>  <u>1:30pm Chair Yoga</u>  <u>5:30pm Gentle/Level 1 Yoga</u>  <u>6:30 pm Yoga at LRC</u>  <u>7pm Vinyasa Flow</u></p>	<p>8  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>  <u>11:45pm CoreFirst</u>  <u>12:45pm Midday Stretch &amp; Flow Yoga</u>    <u>3:30pm Restorative Yoga then Salt</u></p>	<p>9  <u>9:30am Yoga then Salt</u>  <u>11:00am CoreFirst</u>  <u>Noon - Vinyasa Flow</u></p>
<p>10  <u>1:30 Beginners to Basics</u>  <u>3pm Yoga then Salt</u>  <u>4:30 CoreFirst</u>  <u>5:30 Yin then Salt</u></p>	<p>11  <u>9:15am Restorative Yoga</u>  <u>11:15am CoreFirst</u>  <u>12:15pm Midday All-Levels</u>  <u>1:30pm Chair Yoga*</u>    <u>5:30pm Level 1 Yoga/ Medical Center class</u>  <u>6:45pm Yoga with Weights</u></p>	<p>12  <u>9:15am Yahweh Yoga</u>  <u>11:15am Yahweh Gentle Yoga</u>  <u>4pm Beginners to Basics*</u>  <u>5:30 pm Restorative Yoga then Salt</u>  <u>7pm CoreFirst</u></p>	<p>13  <u>9:15am Gentle Yoga</u>  <u>11:15 CoreFirst</u>  <u>12:15pm Midday Stretch &amp; Flow Yoga</u>  <u>5pm Prenatal Yoga</u>  <u>5:30 pm Restorative Yoga IN the Salt Cave</u>    <u>6:30pm Slow Flow</u></p>	<p>14  <u>9:45am Slow Flow</u>  <u>11:15 CoreFirst-Morg</u>  <u>1:30pm Chair Yoga</u>    <u>5:30pm Gentle/Level 1 Yoga</u>  <u>7pm Vinyasa Flow</u></p>	<p>15  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>  <u>11:45pm CoreFirst</u>  <u>12:45m Midday Stretch &amp; Flow Yoga</u>    <u>3:30pm Restorative Yoga then Salt</u></p>	<p>16  <u>9:30am Yoga then Salt</u>    <u>11:00am CoreFirst</u>  <u>Noon - Vinyasa Flow</u></p>
<p>17  <u>1:30 Beginners to Basics</u>  <u>3pm Yoga then Salt</u>  <u>4:30 CoreFirst</u>  <u>5:30 Yin then Salt</u></p>	<p>18  <u>9:15am Restorative Yoga</u>  <u>11:15am CoreFirst</u>  <u>12:15pm Midday All-Levels</u>  <u>1:30pm Chair Yoga*</u>    <u>5:30pm Level 1 Yoga/ Medical Center class</u>  <u>6:45pm Yoga with Weights</u></p>	<p>19  <u>9:15am Yahweh Yoga</u>  <u>11:15am Yahweh Gentle Yoga</u>  <u>4pm Beginner to Basics*</u>  <u>5:30pm Restorative Yoga</u>  <u>7pm CoreFirst</u></p>	<p>20  <u>9:15am Gentle Yoga</u>  <u>11:15 CoreFirst-Morgan</u>  <u>12:15pm Midday Stretch &amp; Flow Yoga</u>  <u>5pm Prenatal Yoga</u>  <u>6:30pm Slow Flow</u></p>	<p>21  <u>9:45am Slow Flow</u>  <u>11:15 CoreFirst-Morg</u>  <u>1:30pm Chair Yoga</u>  <u>5:30pm Gentle/Level 1 Yoga</u>    <u>7pm Vinyasa Flow</u></p>	<p>22  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>  <u>11:45pm CoreFirst</u>  <u>12:45pm Midday Stretch &amp; Flow Yoga</u>  <u>3:00pm Restorative Yoga then Salt *note time change</u></p>	<p>23  <u>9:30am Yoga then Salt</u>  <u>11:00am CoreFirst</u>  <u>11am Kids Yoga in the Salt Cave</u>    <u>Noon - Vinyasa Flow</u></p>
<p>24  <u>1:30 Beginners</u>  <u>3pm Yoga then Salt</u>  <u>4:30 CoreFirst</u>  <u>5:30 Yin then Salt</u></p>	<p>25  <u>9:15am Restorative Yoga</u>  <u>11:15am CoreFirst</u>  <u>12:15pm Midday All-Levels</u>  <u>1:30pm Chair Yoga*</u>  <u>5:30 Level 1/ Medical Center Class</u>  <u>6:45 Yoga with Weights</u></p>	<p>26  <u>9:15am Yahweh Yoga</u>  <u>11:15am Yahweh Gentle Yoga</u>  <u>4pm Beginners to Basics*</u>  <u>5:30 pm Restorative Yoga then Salt</u>  <u>7pm CoreFirst</u></p>	<p>27  <u>9:15am Gentle Yoga</u>  <u>11:15 CoreFirst</u>  <u>12:15pm Midday Stretch &amp; Flow Yoga</u>  <u>5pm Prenatal Yoga</u>  <u>6:30pm Slow Flow</u></p>	<p>28  <u>9:45am Slow Flow</u>  <u>11:15 CoreFirst</u>  <u>1:30pm Chair Yoga</u>  <u>5:30pm Gentle/Level 1 Yoga</u>  <u>7pm Vinyasa Flow</u></p>	<p>29  <u>9:15am Level 1 Yoga</u>  <u>10:30am Gentle Yoga</u>  <u>11:45pm CoreFirst</u>  <u>12:45pm Midday Stretch &amp; Flow Yoga</u>  <u>3:30pm Restorative Yoga then Salt</u></p>	<p>30            9:30am Yoga then Salt-  <i>Special Guest instructor from Memphis - Allie!</i>    <u>11:00am CoreFirst</u>  <u>Noon - Vinyasa Flow</u></p>

