



September '24 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>1:30pm Beginners to Basics</p> <p>3pm Yoga then Salt</p> <p>4:30pm Yin Yoga then Salt</p>	<p>2 Labor Day</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga</p> <p>Closing at 3pm.</p>	<p>3</p> <p>7:30am Rise & Shine Flow</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle</p> <p>1:45pm Slow Flow</p> <p>3pm Prenatal Yoga</p> <p>5:30pm Restorative then Salt</p> <p>7pm Yoga Fusion</p>	<p>4</p> <p>9:15am Gentle Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday</p> <p>Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga*</p> <p>6:30pm Slow Flow</p>	<p>5</p> <p>9:45am Slow Flow</p> <p>11:15am CoreFirst</p> <p>12:15pm YinYasa</p> <p>1:30pm Chair Yoga*</p> <p>4pm Yoga Fusion</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>6 YTT</p> <p>9:15am Level 1 Yoga</p> <p>10:30am Gentle Yoga</p> <p>11:45am CoreFirst</p> <p>12:45pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative then Salt</p>	<p>7 YTT</p> <p>8:15am Rhythmic Yoga - POP UP CLASS</p> <p>9:30am Yoga then Salt</p> <p>3:30pm Yoga IN the Salt Cave</p>
<p>8 YTT</p> <p>3pm Yoga then Salt</p> <p>4:30pm Yin Yoga then Salt</p>	<p>9</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights</p>	<p>10</p> <p>7:30am Rise & Shine Flow</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle</p> <p>1:45pm Slow Flow</p> <p>3pm Prenatal Yoga</p> <p>5:30pm Restorative then Salt</p> <p>7pm Yoga Fusion</p>	<p>11</p> <p>9:15am Gentle Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday</p> <p>Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga*</p> <p>6:30pm Slow Flow</p>	<p>12</p> <p>9:45am Slow Flow</p> <p>11:15am CoreFirst</p> <p>12:15pm YinYasa</p> <p>1:30pm Chair Yoga*</p> <p>4pm Yoga Fusion</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>13 YTT</p> <p>9:15am Level 1 Yoga</p> <p>10:30am Gentle Yoga</p> <p>11:45am CoreFirst</p> <p>12:45pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative then Salt</p> <p>5:30pm Be Happy Goat Yoga</p>	<p>14 YTT</p> <p>9:30am Be Happy Goat Yoga</p> <p>9:30am Yoga then Salt</p> <p>2pm Guided Relaxation in the Salt Cave</p> <p>3:30pm Yoga IN the Salt Cave</p>
<p>15 YTT</p> <p>3pm Yoga then Salt</p> <p>4:30pm Yin Yoga then Salt</p>	<p>16</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights</p>	<p>17</p> <p>7:30am Rise & Shine Flow</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle</p> <p>1:45pm Slow Flow</p> <p>5:30pm Restorative then Salt</p> <p>7pm Yoga Fusion</p>	<p>18</p> <p>9:15am Gentle Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday</p> <p>Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga*</p> <p>6:30pm Slow Flow</p>	<p>19</p> <p>9:45am Slow Flow</p> <p>11:15am CoreFirst</p> <p>12:15pm YinYasa</p> <p>1:30pm Chair Yoga*</p> <p>4pm Yoga Fusion</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p> <p>6:30pm Yoga at Lost River Cave</p>	<p>20</p> <p>9:15am Level 1 Yoga</p> <p>10:30am Gentle Yoga</p> <p>11:45am CoreFirst</p> <p>12:45pm Midday Stretch & Flow Yoga</p> <p>3:30pm Restorative then Salt</p>	<p>21</p> <p>9:00am Pumpkin Patch Yoga at Just Piddlin Farm</p> <p>8:15am Yoga Fusion</p> <p>9:30am Yoga then Salt</p> <p>11am CoreFirst</p> <p>12pm Vinyasa Flow</p>
<p>22</p> <p>1:30pm Beginners to Basics*</p> <p>3pm Yoga then Salt</p> <p>4:30pm Yin Yoga then Salt</p>	<p>23</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights</p>	<p>24</p> <p>7:30am Rise & Shine Flow</p> <p>9:15am Yahweh Yoga</p> <p>11:15am Yahweh Gentle</p> <p>1:45pm Slow Flow</p> <p>3pm Prenatal Yoga</p> <p>5:30pm Restorative then Salt</p> <p>7pm Yoga Fusion</p>	<p>25</p> <p>9:15am Gentle Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday</p> <p>Stretch & Flow Yoga</p> <p>5pm Prenatal Yoga</p> <p>6:30pm Slow Flow</p>	<p>26</p> <p>9:45am Slow Flow</p> <p>11:15am CoreFirst</p> <p>12:15pm YinYasa</p> <p>1:30pm Chair Yoga</p> <p>4pm Yoga Fusion</p> <p>5:30pm Gentle/Level 1 Yoga</p> <p>7pm Vinyasa Flow</p>	<p>27</p> <p>9:15am Level 1 Yoga</p> <p>10:30am Gentle Yoga</p> <p>11:45am CoreFirst</p> <p>12:45pm Midday Stretch & Flow Yoga</p> <p>5:30pm Yoga then Wine</p>	<p>28</p> <p>9:30am Yoga then Salt</p> <p>11am CoreFirst</p> <p>11am Kids Yoga in the Salt Cave</p> <p>12pm Vinyasa Flow</p>
<p>29</p> <p>1:30pm Beginners to Basics</p> <p>3pm Yoga then Salt</p> <p>4:30pm Yin Yoga then Salt</p>	<p>30</p> <p>9:15am Restorative Yoga</p> <p>11:15am CoreFirst</p> <p>12:15pm Midday All-Levels</p> <p>1:30pm Chair Yoga</p> <p>5:30pm Level 1 Yoga/ Medical Center class</p> <p>6:45pm Yoga with Weights</p>	<p>Susan</p> <p>Trudy</p> <p>Sheila</p> <p>Alesia</p> <p>Mary</p> <p>Liz</p> <p>Julie</p> <p>Lindsey</p> <p>Zoe</p> <p>Carmen</p> <p>Beshka</p> <p>Frances</p> <p>Shigeko</p> <p>Maria</p> <p>Angela</p> <p>Morgan</p> <p>Virginia</p> <p>DeAnn</p>	<p>Must sign up for classes at least 75 minutes in advance!</p> <p><u>Underlined events are special pricing. Please ask for details!</u></p> <p><u>Must pre-register by 5pm the day before event.</u></p>	<p>Receive \$10 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>270-799-8070</p> <p>www.behappybg.com</p>	<p>45min Salt Cave sessions begin at the top of each hour:</p> <p>Monday-Friday 10am-6pm</p> <p>Saturday 11am-5pm</p> <p>Sunday 1pm-3pm</p>	