



# SEPTEMBER 2021

Namaste Fitness Studio

fitness ● yoga ● nutrition

## MONDAY

5:15am WFGT  
6:45AM WFGT  
8:15AM WFGT  
9:45AM WFGT  
11:15AM WFGT  
5:30PM WFGT

## TUESDAY

NAMASTE FIT YOGA:

5:30am  
7:00am  
9:00am

SLOW FLOW:

5:30pm

## WEDNESDAY

5:15am WFGT  
6:45AM WFGT  
8:15AM WFGT  
9:45AM WFGT  
11:15AM WFGT  
5:30PM WFGT

## THURSDAY

NAMASTE FIT YOGA:

5:30am  
7:00am  
9:00am

VINYASA FLOW:

5:30pm

## FRIDAY

5:15am WFGT  
6:45AM WFGT  
8:15AM WFGT  
9:45AM WFGT  
11:15AM WFGT

## SATURDAY

NAMASTE FIT YOGA  
9-10am

## HOLIDAYS/EVENTS

Sept 6th CLOSED!!!

Sept 28th Nutrition Class 5:00pm  
(No PM Yoga)

NamasteFitnessStudio.com

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