

September

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 2pm Mindful Pilates ZOOM Modo Yoga BW	8	9 7-8am (Modo Flow) ZOOM MY NDG	10	11 6:30-7:30am Modo Flow ZOOM- Modo Yoga BW	12
13 12-1:15 Power STUDIO – MYNDG 2-3pm Modo Flow STUDIO MYNDG	14 4:45pm Mindful Pilates ZOOM Modo Yoga BW	15	16 7-8am (Modo Flow) ZOOM MY NDG	17	18 6:30-7:30am Modo Flow ZOOM- Modo Yoga BW	19 2-3pm. Modo Flow ZOOM- Modo Yoga BW 3:30-4:30 Yin ZOOM- Modo Yoga BW
20 12-1:15 Power STUDIO – MYNDG 2-3pm Modo Flow STUDIO MYNDG	21 12-1pm Flow STUDIO MY Griffintown 4:45pm Mindful Pilates ZOOM Modo Yoga BW	22	23 7-8am (Modo Flow) ZOOM MY NDG	24	25 6:30-7:30am Modo Flow ZOOM- Modo Yoga BW 9	26
27 12-1:15 Power STUDIO – MYNDG 2-3pm Modo Flow STUDIO MYNDG	28 12-1pm Flow STUDIO MY Griffintown 4:45pm Mindful Pilates ZOOM Modo Yoga BW	29	30 7-8am (Modo Flow) ZOOM MY NDG			