

September 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		6:15 am Vinyasa flow & stretch 8:00 Morning Flow &Stretch 5:30 Yin Yoga 5:45 Pilates Reformer	8:00 Matt Pilates Bliss 9:30 Morning Flow 4:00 Pilates Reformer 5:30 Yoga Sculpt	6:15 am Vinyasa flow & Stretch 8:00 Pilates Reformer 5:30 Floe & Feet Up 6:00 Pilates Reformer 6:45 Yoga Flow and Restore	6:00 AM Pilates Reformer 4:00 Flow & Restore	
6 5:00 Unwind & Align	7 6:30 Yin Yoga	8 6:15 am Vinyasa flow & stretch 8:00 Morning Flow &Stretch 5:30 Yin Yoga 5:45 Pilates Reformer	9 8:00 Matt Pilates Bliss 9:30 Morning Flow 4:00 Pilates Reformer 5:30 Yoga Sculpt	10 6:15 am Vinyasa flow & Stretch 8:00 Pilates Reformer 5:30 Floe & Feet Up 6:00 Pilates Reformer 6:45 Yoga Flow and Restore	11 6:00 AM Pilates Reformer 4:00 Flow & Restore	12 9:00 Pilates Reformer 11:00 Yoga Flow
13 9:00 Pilates Reformer 5:00 Unwind & Align	14 6:00 AM Pilates Reformer 7:15 Pilates Reformer 8:00 Matt Pilates Bliss 9:30 Morning Flow 5:00 Yoga Sculpt 6:30 Yin Yoga 6:30 Pilates Reformer	15 6:15 am Vinyasa flow & stretch 8:00 Morning Flow &Stretch 5:30 Yin Yoga 5:45 Pilates Reformer	16 8:00 Matt Pilates Bliss 9:30 Morning Flow 4:00 Pilates Reformer 5:30 Yoga Sculpt	17 6:15 am Vinyasa flow & Stretch 8:00 Pilates Reformer 5:30 Floe & Feet Up 6:00 Pilates Reformer 6:45 Yoga Flow and Restore	18 6:00 AM Pilates Reformer 4:00 Flow & Restore	19 9:00 Pilates Reformer 11:00 Yoga Flow
20 9:00 Pilates Reformer 5:00 Unwind & Align	21 6:00 AM Pilates Reformer 7:15 Pilates Reformer 8:00 Matt Pilates Bliss 9:30 Morning Flow 5:00 Yoga Sculpt 6:30 Yin Yoga 6:30 Pilates Reformer	22 6:15 am Vinyasa flow & stretch 8:00 Morning Flow &Stretch 5:30 Yin Yoga 5:45 Pilates Reformer	23 8:00 Matt Pilates Bliss 9:30 Morning Flow 4:00 Pilates Reformer 5:30 Yoga Sculpt	24 6:15 am Vinyasa flow & Stretch 8:00 Pilates Reformer 5:30 Floe & Feet Up 6:00 Pilates Reformer 6:45 Yoga Flow and Restore	25 6:00 AM Pilates Reformer 4:00 Flow & Restore	26 9:00 Pilates Reformer 11:00 Yoga Flow
27 9:00 Pilates Reformer 5:00 Unwind & Align	28 6:00 AM Pilates Reformer 7:15 Pilates Reformer 8:00 Matt Pilates Bliss 9:30 Morning Flow 5:00 Yoga Sculpt 6:30 Yin Yoga 6:30 Pilates Reformer	29 6:15 am Vinyasa flow & stretch 8:00 Morning Flow &Stretch 5:30 Yin Yoga 5:45 Pilates Reformer	30 8:00 Matt Pilates Bliss 9:30 Morning Flow 4:00 Pilates Reformer 5:30 Yoga Sculpt			