



# ZOOM Yoga Calendar

## SEPT '20

Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
	1 5:00 pm	2	3 5:30 pm	4	5 11:00 am	6
7	8 5:00 pm	9	10 5:30 pm	11	12 No Class	13
14	15 5:00 pm	16	17 No Class	18	19 11:00 am	20
21	22 5:00 pm	23	24 No Class	25	26 No Class	27
28	29 5:00 pm	30				

To take attendance I would like you to email RSVP for the classes you would like to attend, and I will register you. Before each class I will email you a Private Zoom meeting link.

To complete the registration process, I will deduct the class from your current package, or you can purchase a drop. You can purchase a class or package online or by phone.

You can RSVP to as many classes as you wish at once, or you can email the day of the class you wish to join.

TO RSVP – Email [bhollis@oceanrockwellness.com](mailto:bhollis@oceanrockwellness.com)

OCEANROCK  
WELLNESS

Please feel free contact me if you have any questions. Private sessions available.

**Beth Hollis** | [bhollis@oceanrockwellness.com](mailto:bhollis@oceanrockwellness.com) | P: (441) 295-5100 @oceanrockwellness