



September 7 – November 12, 2023
Soderworld Wellness Center Willowbrook, IL

Month	Day	Date	Class / Teacher	Time	1 Hr Lunch (2) 30 Min Breaks	30 Min Break
September	Thursday	9/7/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	9/8/23	Karla A. Cain	5 – 9 pm		7 pm
	Saturday	9/9/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	9/10/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	TUESDAY	9/12/23	Treya Jaholkowska	5 – 9 pm		7 pm
	Friday	9/15/23	Treya Jaholkowska	5 – 9 pm		7 pm
	Saturday	9/16/23	Karla A. Cain HINDU TEMPLE OF GREATER CHICAGO	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	9/17/23	Shannon Chada	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
Week off						
	Thursday	9/28/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	9/29/23	Karla A. Cain	5 – 9 pm		7 pm
	Saturday	9/30/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
October	Sunday	10/1/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Thursday	10/5/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	10/6/23	Karla A. Cain	5 – 9 pm		7 pm
	Saturday	10/7/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	10/8/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Thursday	10/12/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	10/13/23	Karla A. Cain	5 – 9 pm		7 pm
	Saturday	10/14/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	10/15/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Thursday	10/19/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	10/20/23	Misty Soderholm	5 – 9 pm		7 pm
	Saturday	10/21/23	Misty Soderholm	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	10/22/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
Week off						
Halloween Off						
November	Thursday	11/2/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	11/3/23	Karla A. Cain	5 – 9 pm		7 pm
	Saturday	11/4/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	11/5/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Thursday	11/9/23	Karla A. Cain	5 – 9 pm		7 pm
	Friday	11/10/23	Karla A. Cain	5 – 9 pm		7 pm
	Saturday	11/11/23	Karla A. Cain	9 am – 6 pm	10:30 am / 1 pm / 4 pm	
	Sunday	11/12/23	Community Yoga Day & Graduation!			