

# DECEMBER



# 2024

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



MERRY CHRISTMAS

1 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	2 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	3 YOGA FLOW 6:30PM	4 HEATED RISE & FLOW 6AM	5 YOGA FLOW 5PM POWER YOGA 6:30PM	6 YOGA & SOUND BATH 7PM	7 HOT YOGA 9AM
8 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	9 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	10 YOGA FLOW 6:30PM	11 HEATED RISE & FLOW 6AM	12 YOGA FLOW 5PM POWER YOGA 6:30PM	13 YOGA & SOUND BATH 7PM	14 HOT YOGA 9AM
15 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	16 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	17 YOGA FLOW 6:30PM	18 HEATED RISE & FLOW 6AM	19 YOGA FLOW 5PM POWER YOGA 6:30PM	20 YOGA & SOUND BATH 7PM	21 HOT YOGA 9AM
22 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	23 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	24 NO CLASSES	25 NO CLASSES	26 YOGA FLOW 5PM POWER YOGA 6:30PM	27 YOGA & SOUND BATH 7PM	28 HOT YOGA 9AM
29 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	30 CHAIR YOGA 3:30PM BEGINNER 102 5PM RESTORATIVE 6:30PM	31 NO CLASSES				

JOY

