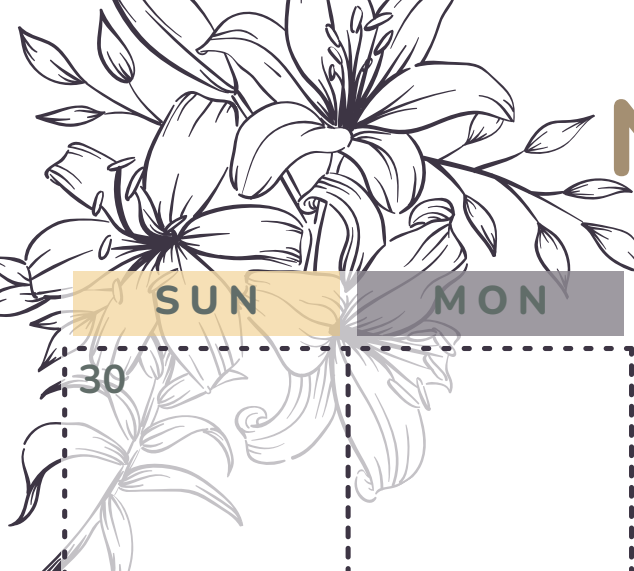




NOVEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
30						1 Hot Yoga 9am
2	3 Chair Yoga 3:30pm Beg, Slow Flow 5pm	4 Yoga Flow 6:30pm	5 Hot Yoga 10am Chill & Flow 6:30pm	6 Power Yoga 6:30pm	7 Lunar Flow 6:30pm (90 mins)	8 Hot Yoga 9am
9 Heated Level II Flow 10am	10 Chair Yoga 3:30pm Beg, Slow Flow 5pm	11 Yoga Flow 6:30pm	12 Heated Hips & Core 6AM (50 mins) Hot Yoga 10am Chill & Flow 6:30pm	13 Power Yoga 6:30pm	14	15 Hot Yoga 7:30am Hot Yoga 9am
16	17 Chair Yoga 3:30pm Beg, Slow Flow 5pm	18 Yoga Flow 6:30pm	19 Hot Yoga 10am Chill & Flow 6:30pm	20 Power Yoga 6:30pm	21 Lunar Flow 6:30pm (90 mins)	22 Hot Yoga 9am
23 30 Sound Bath 5pm	24 Chair Yoga 3:30pm Beg, Slow Flow 5pm	25 Yoga Flow 6:30pm	26 Heated Hips & Core 6 AM (50 mins) Hot Yoga 10am	27 NO CLASS	28	29 Hot Yoga 9am Hot Yoga 10:30am

