

DECEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Chair Yoga 3:30pm Beg. Slow Flow 5pm Power Yoga 6:30pm	2 Yoga Flow 6:30pm	3 Heated Hips/Core 6am Hot Yoga 10am Chill & Flow 6:30pm	4 Power Yoga 6:30pm	5 Lunar Flow 6:30pm	6 Hot Yoga 9am
7	8 Chair Yoga 3:30pm Beg. Slow Flow 5pm Power Yoga 6:30pm	9 Yoga Flow 6:30pm	10 Guided Meditation 6am Hot Yoga 10am Chill & Flow 6:30pm	11 Power Yoga 6:30pm	12	13 Hot Yoga 9am
14 Reiki & Sound Bath 5pm	15 Chair Yoga 3:30pm Beg. Slow Flow 5pm Power Yoga 6:30pm	16 Yoga Flow 6:30pm	17 Heated Hips/Core 6am Hot Yoga 10am Chill & Flow 6:30pm	18 Power SWORD Yoga 6:30pm	19 Metal Yoga 6:30pm	20 Hot Yoga 9am
21 Solstice YIN/YANG 6pm	22 Chair Yoga 3:30pm Beg. Slow Flow 5pm Power Yoga 6:30pm	23 Yoga Flow 6:30pm	24 CLOSED	25 CLOSED	26 Restorative & Gentle Stretch 6:30pm	27 Hot Yoga 9am
28 Heated Level II 10am	29 Chair Yoga 3:30pm Beg. Slow Flow 5pm Power Yoga 6:30pm	30 Yoga Flow 6:30pm	31 CLOSED			