

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Heated Level II 6:30pm	2 Friday Reset Flow 6:30pm	3 Hot Yoga 9am
4 Mat Pilates 9am	5 Slow Flow 5pm Heated Power Flow 6:30pm	6 Morning Flow 9:30am Yoga Flow 6pm Heated Pilates 7:30pm	7 Heated Hips/Core 5am Hot Yoga 10am Chill & Flow 6:30pm	8 Heated Level II 6:30pm	9 Friday Reset Flow 6:30pm	10 Hot Yoga 9am
11	12 Slow Flow 5pm Heated Power Flow 6:30pm	13 Morning Flow 9:30am Yoga Flow 6pm Heated Pilates 7:30pm	14 Heated Hips/Core 5am Hot Yoga 10am Chill & Flow 6:30pm	15 Heated Level II 6:30pm	16 Friday Reset Flow 6:30pm	17 Studio Closed
18	19	20	21	22	23	24
← STUDIO CLOSED FOR PUMPKIN SHOW →						
25	26 Slow Flow 5pm Heated Power Flow 6:30pm	27 Yoga Flow 6pm Heated Pilates 7:30pm	28 Heated Hips/Core 5am Hot Yoga 10am Chill & Flow 6:30pm	29 Heated Level II 6:30pm	30 Friday Reset Flow 6:30pm	31 Hot Yoga 9am