



NOVEMBER SCHEDULE 2022

MONDAY

10:00 – 11:15 FLOW FUSION
5:45 – 6:45 YOGA SHRED™ VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER YOGA
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 YOGAJUANA
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

9:00 – 10:15 SLOW FLOW & SOUND
10:30 – 11:30 WARM FLOW FUSION
5:45 – 7:00 YOGA FOR STRESS RELIEF
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
5:30 – 6:45 GENTLE
7:00 – 8:15 WEIGHTLESS AERIAL YOGA

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HEARTFUL HATHA YOGA

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 DEEP STRETCH – YIN YOGA
6:00 – 7:15 CANDLELIT RELIEF & RESTORATIVE



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

Channeling Your Chakras with

Teri

Saturday, December 10
Time: 2:00 pm
Cost: \$35 early bird registration

Yogic Healing Workshop with

Diane and Francesca

Saturday, November 5th
Time: 2:00 – 4:15 pm
SOLD OUT

HOT 26/2 with Sallie

Sunday, November 27th
Time: 8:00 - 9:30 am
Cost: Reg. class rate

Yogic Healing Workshop with

Diane and Francesca

Saturday, Nov. 5th
Time: 2:00 – 4:15 pm
Early bird cost: \$50

EXTRA POP UP Weightless Aerial Yoga Class with Amber

Saturday, Nov. 5th
Time: 4:30 – 5:45 pm
*Regular class rate



*see website for registration links and details

HOLIDAY SCHEDULE

Thanksgiving, Nov. 24 - FREE GRATITUDE
LAKESIDE PRACTICE with Diane 9:00 am

Friday, Nov, 25 Flow Fusion with
Francesca 10:00 am

Saturday, Dec. 24 Flow Fusion with Sallie
10:00 am

Christmas Day, Dec. 25 - CLOSED

Saturday, Dec. 31 Flow Fusion with Teri
10:00 am

New Year Day, Jan, 1 - FREE LAKESIDE
PRACTICE with Staff 10:00 am

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