



NOVEMBER SCHEDULE 2023

MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:45 GENTLE
5:45 – 6:45 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 **WARM** YIN YOGA – DEEP STRETCH
11:15 – 12:45 HEARTFUL HATHA YOGA

SUNDAY

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



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

Master Class – Modifications & Variations with Francesca

When: Saturday, Nov. 11th
Time: 1:00 – 2:30pm
Cost: \$20

Wild Women Circle New Moon Sagittarius with Holly

When: Saturday, Nov. 18th
Time: 1:30 - 4:00 pm
Cost: \$35

Yin for the Chakras & Sound Healing with Diane

When: Sunday, Nov. 19th
Time: 4:00 – 5:30 pm
Cost: \$25

FREE Lakeside Yoga with Diane

Thanksgiving Day
When: Thursday, Nov. 23rd
Time: 10:00 – 11:00 am
Cost: FREE
*Sign up online
(weather permitting)

Yoga Nidra & Sound Healing with Francesca

When: Saturday, Dec. 2nd
Time: 4:00 - 5:30 pm
Cost: \$25



*See website for registration links and details.