



# November Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	<b>Power Flow</b> Ruth	<b>Power Flow</b> Rosie	<b>Power Flow</b> Ruth	<b>Power Flow</b> Rosie	<b>Power Flow</b> Ethan		
8:30 - 9:45am	<b>*Bhakti w/ Live Music</b> Luna Ray	<b>*Align &amp; Flow</b> Joe	<b>Y12SR</b> Rosie	<b>Core Based Flow</b> Sophie	<b>Get Up &amp; Flow</b> Andy	<b>Slow Flow &amp; Yin</b> Ruth	
10:00 - 11:15am	<b>*Mindful Flow &amp; Restorative</b> Kate	<b>*Slow Flow &amp; Restorative</b> Paige	<b>Mindful Flow</b> Gota	<b>*Gentle Restorative &amp; Yin</b> Paige	<b>*Bhakti Flow &amp; Yin</b> Michael	<b>*Gentle Yoga &amp; Ball Rolling</b> Deirdre	<b>Align &amp; Flow</b> Joe
12:00 - 1:15pm	<b>Flow &amp; Yin</b> Tucker	<b>Align &amp; Flow</b> Joe	<b>Flow &amp; Yin</b> Shala	<b>Flow &amp; Yin</b> Amy	<b>Strong &amp; Slow Flow</b> Alisa	<b>Power Flow</b> Grace	
1:30 - 2:45pm	<b>*\$10 Align &amp; Flow</b> Deirdre	<b>*\$10 Heart &amp; Space Flow</b> Jessica	<b>*\$10 Intentional Flow to Meditation</b> Katie	<b>*\$10 Heart &amp; Space Flow</b> Jessica	<b>*\$10 Embodied Flow &amp; Nidra</b> Amanda		<b>Flow &amp; Yin</b> Andy
4:00 - 5:15pm	<b>*Gentle &amp; Restorative Yin</b> Shala	<b>*Gentle Yoga</b> Lewis	<b>*Bhakti w/ Live Music</b> Luna Ray	<b>*Yoga Basics</b> Richard	<b>Flow &amp; Yin</b> Ethan		<b>Dynamic Flow</b> Kate
5:30 - 6:45pm	<b>Flow &amp; Yin</b> Shala	<b>Flow &amp; Yin</b> Kate	<b>Strong &amp; Slow Flow</b> Alisa	<b>*Gentle Align &amp; Flow</b> Joe	<b>Flow &amp; Yin</b> Ruth	<b>WARM Mindful Flow</b> Gota	<b>Mindful Restorative &amp; Yin</b> Gota

 In-person Only

 In-person & Live Streamed

 Virtual Only

\* Indicates a Beginner Friendly Class

**In-person Single Regular Class: \$18**  
**In-person Single Community Class: \$10**  
**Virtual Single Class: \$10**

Questions? Email [guestservices@youryoga.com](mailto:guestservices@youryoga.com)