

November Class Schedule

* Beginner Friendly  \$10 Community Class

TIME	MON	TUE	WED	THURS	FRI	SAT	SUN
7:00 - 8:00 am	Strong Mindful Flow Hannah 	WARM Power Flow Ruth	Strong Mindful Flow Julia	WARM Strong Flow Rosie	WARM AyurYoga Hatha Flow Nishita		
8:30 - 9:45 am	*Good Morning Vinyasa Flow Luna Ray	WARM Strong Flow Rosie	*Yoga for Recovery (Y12SR) Rosie (Donation Class)	Tantra Yoga Suzanne	WARM Shakti Flow Andra	WARM Slow Flow & Yin Katie	
10:00 - 11:15 am	*Flow & Yin Amy		Mindful Flow Gota		*Gentle Yoga & Ball Rolling Deirdre	Align & Flow Joe	*Bhakti Flow Into Stillness Michael (Ends @11:30am)
10:15 - 11:30am		*Slow Flow & Restorative Paige		*Gentle Restorative & Yin Paige			
12:00 - 1:15 pm	*Kaiut Tucker	Align & Flow Joe	HOT Flow & Yin Shala	Vinyasa Flow Amy	Strong & Slow Flow Alisa	Flow & Yin Nicole	Power Flow Amber
1:30 - 2:45 pm	*\$10 Living in Alignment Deirdre 	*\$10 Radiant Body Living Yoga Flow Sierra 	*\$10 Kaiut Tucker 	*\$10 Radiant Body Living Yoga Flow Sierra 			Motown, Funk, and Soul Flow Jessica
4:00 - 5:15 pm	*WARM Gentle & Restorative Yin Shala	*Slow Meditative Flow Lewis	Flow & Yin Amber	HOT Flow & Yin Shala	Vinyasa Flow John		WARM Mindful Flow Gota
5:30 - 6:45 pm	HOT Flow & Yin Shala	*Gentle Restorative & Yin Maevae	Strong & Slow Flow Alisa	*Gentle Align & Flow Joe	Mindful Flow Gota		*Mindful Restorative Gota
6:00 - 7:15 pm	Vinyasa Flow Nishita (Ends @7pm)	Bhakti Flow Seán (Ends @7:30pm)	\$10 Tantra Yoga Brooke 	Flow & Yin Andra			
7:00 - 8:15 pm	*Gentle Restorative & Meditation Michael (Starts @7:15-8:30pm)	*\$10 Breathwork & Gentle Yoga Alexis  	Restorative & Deep Rest Hannah (Ends @8pm)	\$10 WARM Candlelit Kundalini Flow Sierra (Ends @8:30pm) 	*Yin & The Subtle Body Gota		

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