

# Weekly Class Schedule • NOVEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>WARM</b> classes outlined in orange are 80-85 degrees</p>	<p>6:30-8:30am <b>ashtanga</b> mary anne</p>	<p>6:30am <b>power</b> sarah</p>	<p>6:30-8:30am <b>ashtanga</b> mary anne</p>	<p>6:30am <b>power</b> jay</p>	<p>6:30am <b>power</b> sarah</p>	<p>6:30-8:30am <b>ashtanga</b> mary anne</p>
<p>10-11:15am <b>slowflow+ yin</b> tina</p>	<p>9:00am <b>vinyasa</b> cynthia</p>	<p>9:00am <b>power</b> alison</p>	<p>9:00am <b>vinyasa</b> reg</p>	<p>9:00am <b>yin</b> alison</p>	<p>9:00am <b>vinyasa</b> robyn</p>	<p>9:00am <b>vinyasa</b> reg</p>
<p>11:30am <b>deep stretch</b> jay</p>	<p>10:30am <b>slow flow</b> jen</p>	<p>10:30am <b>sattva flow</b> andrew</p>	<p>10:30am <b>chair</b> heather</p>	<p>10:30am <b>gentleflow+ meditation</b> andrew</p>	<p>10:30am <b>slowflow+yin</b> katie</p>	<p>10:30am <b>gentle flow</b> anessia</p>
<p><b>FREE</b> 4:30pm <b>gentle yoga</b> various</p>	<p>5:00-5:45pm <b>young teens</b> 6th-8th dani</p>	<p>12:00pm <b>acu-yin</b> tina</p>	<p>12:00pm <b>slowflow+yin</b> anessia</p>	<p>12:00pm <b>yin+nidra</b> tina</p>	<p>great for beginners</p>	<p>PLEASE PREBOOK YOUR CLASS on our free mobile app or website</p>
<p>6:00pm <b>yin</b> emma</p>	<p>6:15pm <b>power</b> alison</p>	<p>6:15pm <b>deep stretch</b> jay</p>	<p>4:30pm <b>gentle flow</b> larissa</p>	<p>6:15pm <b>power</b> katie</p>	<p>6:15pm <b>power</b> cynthia</p>	<p>check there for detailed class description</p>
<p>7:30pm <b>nidra</b> jen 3rd &amp; 10th only</p>	<p>7:30pm <b>yin/yang</b> alison</p>	<p>7:30pm <b>yin</b> anessia</p>	<p>6:15pm <b>power</b> katie</p>	<p>7:30pm <b>1st+3rd week</b> <b>FREE</b> 12-Steps <b>2nd week</b> Grief Support</p>	<p>7:30-8:45pm <b>restorative</b> jen</p>	<p>Updated 10/30/24</p>