



Strength, comfort & yoga for all.

## In-Studio & Virtual Class Schedule November 2021

S	M	T	W	T	F	S
<b>9–10am</b> Slow Flow IN-STUDIO & VIRTUAL  <b>10:30–11:30am</b> Power/Yin IN-STUDIO & VIRTUAL  <b>November 7th</b> 6:00–8:00pm <b>DEEP STRETCH &amp; DEEP REST</b> with Amanda Riker IN-STUDIO & VIRTUAL  <b>November 14th</b> 1:00–3:00pm <b>INTRO TO ACRO YOGA</b> with Andre Sur IN-STUDIO	<b>9–10am</b> Slow Flow IN-STUDIO & VIRTUAL    <b>6–7pm</b> Power Flow IN-STUDIO & VIRTUAL  <b>7:30–8:30pm</b> Yin/Stretching IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>12–1pm</b> Hatha Flow IN-STUDIO & VIRTUAL  <b>5:30–6:30pm</b> Flow IN-STUDIO & VIRTUAL  <b>7–8pm</b> Slow Flow IN-STUDIO & VIRTUAL	<b>9:00–10am</b> Flow IN-STUDIO & VIRTUAL   <b>5:30–6:30pm</b> Hot Hatha IN-STUDIO & VIRTUAL  <b>7–8pm</b> Warm Slow Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>6–7pm</b> Slow Flow IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>12–1pm</b> Flow IN-STUDIO & VIRTUAL  <b>5–6pm</b> Flow/Relax IN-STUDIO & VIRTUAL	<b>9–10am</b> Flow IN-STUDIO & VIRTUAL   <b>10:30–11:30am</b> Power/Yin IN-STUDIO & VIRTUAL   <b>November 20th</b> 2:00–4:00pm <b>GOOD STRETCH HEAD &amp; NECK</b> with Rissa Wray IN-STUDIO

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Online registration only.

For everyone's safety, class sizes are limited.

Please bring your own mat.

We have mats & props for sale at a discounted price if needed.