YOGA ✦ MUSE

ON THE MAT THIS NOVEMBER

Schedule is subject to change. Check our online calendar for timely updates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	**02**	**03**	**04**	**05**	**06**	**07**
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 2:00 arm balancing 101 3:45 tot yogis (2-4) A 4:30 tot yogis (2-4) B 6:00 gentle strength 7:30 rest & reflect	7:30 YM sculpt 8:30 dynamic practice 6:15 root practice 7:30 stretch lab	7:00 rise & shine 8:15 root practice 10:00 gentle strength 6:30 YM sculpt 7:30 root practice	6:15 gentle strength 7:30 fire flow	7 rise & shine 8:15 root practice 10 gentle strength 4:30 young yogis (9-12) 6:00 peak practice 7:30 stretch lab	7:30 rise & shine 10 gentle strength 12 dynamic practice 5:00 root practice 6:15 dynamic practice 7:30 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice
08	**09**	**10**	**11**	**12**	**13**	**14**
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 2:00 arm balancing 101 3:45 tot yogis (2-4) A 4:30 tot yogis (2-4) B 6:00 gentle strength 7:30 rest & reflect	7:30 YM sculpt 8:30 dynamic practice 5:00 gentle strength 6:15 root practice 7:30 stretch lab	7:00 rise & shine 8:15 root practice 10:00 gentle strength 6:30 YM sculpt 7:30 root practice	6:15 gentle strength 7:30 fire flow	7 rise & shine 8:15 root practice 10 gentle strength 4:30 young yogis (9-12) 6:00 peak practice 7:30 stretch lab	7:30 rise & shine 11:30 root practice 5:00 root practice 6:15 dynamic practice 7:30 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice
15	**16**	**17**	**18**	**19**	**20**	**21**
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 2:00 arm balancing 101 3:45 tot yogis (2-4) A 4:30 tot yogis (2-4) B 6:00 gentle strength 7:30 rest & reflect	7:30 YM sculpt 8:30 dynamic practice 5:00 gentle strength 6:15 root practice 7:30 stretch lab	7:00 rise & shine 8:15 root practice 10:00 gentle strength 6:30 YM sculpt 7:30 root practice	6:15 gentle strength 7:30 yoga nidra	7 rise & shine 8:15 root practice 10 gentle strength 4:30 young yogis (9-12) (Last Class!) 6:00 peak practice 7:30 stretch lab	7:30 rise & shine 9 chair yoga 11:30 root practice 5:00 root practice 6:15 dynamic practice 7:30 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice 1:00 Postnatal Yoga
22	**23**	**24**	**25**	**26**	**27**	**28**
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 6:00 gentle strength 7:30 rest & reflect	7:30 YM sculpt 8:30 dynamic practice 5:00 gentle strength 6:15 root practice 7:30 stretch lab	7:00 rise & shine 8:15 root practice 10:00 gentle strength 6:30 YM sculpt 7:30 root practice	6:15 gentle strength 7:30 fire flow	Thanksgiving 9 the turning season	Black Friday 9:30 the muse reset 5:00 open sangha	8:30 YM sculpt 9:30 root practice 10:45 peak practice
29	**30**					
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 6:00 gentle strength 7:30 rest & reflect	7:30 YM sculpt 8:30 dynamic practice 5:00 gentle strength 6:15 root practice 7:30 stretch lab					