

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 10 gentle strength 12 dynamic 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 10 gentle strength 12 dynamic 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					