

YOGA ✦ MUSE

ON THE MAT THIS OCTOBER

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01	02	03
Orange: Workshop, Event, or Series				7 rise & shine 8:15 root practice (Hatha) 10 gentle strength 4:30 young yogis (9-12) 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 2:00 Rewire to Heal
04	05	06	07	08	09	10
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 12:00 yogi dance 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 rise & shine 8:15 root practice (Iyengar) 10 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 (Hatha) 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 4:00 Postnatal Yoga
11	12	13	14	15	16	17
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 12:00 yogi dance 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 rise & shine 8:15 root practice (Iyengar) 10 gentle strength 7:00 yin yang yoga	 6:15 gentle strength 7:30 dynamic practice	7 rise & shine 8:15 root practice (Hatha) 10 gentle strength 4:30 young yogis (9-12) 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 4:00 Postnatal Yoga
18	19	20	21	22	23	24
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 12:00 yogi dance 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 rise & shine 8:15 root practice (Iyengar) 10 gentle strength 6:30 YM sculpt 7:30 root practice	 6:15 gentle strength 7:30 dynamic practice	7 rise & shine 8:15 root practice (Hatha) 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
25	26	27	28	29	30	31
8:30 mat Pilates 9:45 intro to Pilates 10:45 dynamic practice 12:00 yogi dance 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 rise & shine 8:15 root practice (Iyengar) 10 gentle strength 6:30 YM sculpt 7:30 root practice	 6:15 gentle strength 7:30 dynamic practice	7 rise & shine 8:15 root practice (Hatha) 10 gentle strength 4:30 young yogis (9-12) 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	No early classes this week 10:45 peak practice