

# Weekly Schedule • NOVEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
All classes EST & 60min unless noted	all have virtual option	8:00am warmpower robyn	'warm' is 85 degrees	8:00am warmhatha jay		
	9:00am vinyasa alison	9:30am vinyasa kristyn	9:00am power melanie	9:30am vinyasa stephanie	9:00am vinyasa kristyn	9:00am vinyasa reg
10-11:15am slowflow +yin heather <small>(3rd &amp; 4th Sun)</small>	10:30am gentle flow jennifer	great for beginners	10:30am chair heather		10:30am slowflow+yin anessia	10:30am chair anessia
			12-12:45pm power 45 jay		12:00pm power candace	great for beginners
	3:30-4:15pm kids yoga dani <small>K-5th</small>		4:30pm gentle flow lara	great for beginners		
6:00pm yin+ meditation emma	6:15pm warmpower robyn	6:00pm hatha jay	6:15pm warm vinyasa reg	6:00pm gentle flow lara		
7:15pm <small>(2nd &amp; 4th Sun)</small> nidra kerry	7:30pm Y12SR robyn	7:30pm yin + meditation anessia	'warm' is 85 degrees	7:30-8:45pm restorative kerry		

check online for detailed class description