

# Weekly Schedule • NOVEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
8:15am power 75 candace	6:30am ashtanga mary anne	7:00am power katie	6:30am power candace		6:30am power sarah	'warm' classes are 80 degrees
10:00am slowflow+ yin tina	9:00am vinyasa alison	8:15am power katie	9:00am flow+focus melanie	8:15am slow burn jay	9:00am vinyasa robyn	9:00am vinyasa reg
11:15am deep stretch jay	10:30am slow flow jen	9:30am flow+focus andrew	10:30am chair heather	9:30am yin alison	10:30am slowflow+yin katie	10:30am gentle flow anessia
		great for beginners	12:00pm power jay	10:45am slow burn alison	12:00pm power candace	great for beginners
	K-5th	6th-8th				
	3:30-4:15pm kids yoga dani	5:00-5:45pm twens dani	4:30pm gentle flow jen	great for beginners	2:00pm chair melanie	All classes 60min unless noted
6:00pm yin emma	6:15pm power alison	6:15pm deep stretch jay	6:15pm vinyasa reg	6:15pm power katie		check online for detailed class description
7:30pm (1st+3rd Sun) nidra jen	7:30pm Y12SR katie	7:30pm yin anessia	7:30pm MONTHLY SPECIAL (check online)	7:30pm restore 75 jen		

Updated 10/30/23