



November Class Schedule

MONDAY	S	8:30-9:30 AM	30/30	LESLIE
	Z/S	12-12:45 PM	YOGA FLOW 45	KATHY
	S	5:30-6:15 PM	SCULPT 45	KARYSA
	Z/S	7-8 PM	FLOW AND RESET	SHELLY
TUESDAY	Z/S	8:30-9:30 AM	JOURNEY INTO POWER	SARAH
	S	5:30-6:30 PM	POWER TO YIN	KRISTINA
	S	7:00-8 PM	GRATITUDE FOCUSED JIP	KRISTINA
WEDNESDAY	S	8:30-9:15 AM	SCULPT 45	LESLIE
	Z/S	9:30-10:30 AM	SLOW FLOW TO YIN	JEN
	S	5:30-6:15 PM	SCULPT 45	KARYSA
	Z/S	6:30-7:30 PM	SLOW FLOW	JULIA
THURSDAY	Z/S	8:30-9:45 AM	POWER TO YIN	SARAH
	Z/S	5:30-6:30 PM	POWER FLOW	PEYTON
	S	6:45-7:45 PM	RESTORATIVE YOGA	SHELLY
FRIDAY	Z/S	8:30-9:30 AM	POWER FLOW	KRISTINA
	Z/S	12-12:45 PM	YOGA FLOW 45	KATHY
	Z/S	6-7 PM	COMMUNITY CLASS (DONATION-BASED)	COMMUNITY TEACHER
SATURDAY	S	8:00-8:45 AM	8 WEEKS OF FITMAS	KARYSA
	Z/S	9-10 AM	POWER FLOW	SARAH
	S	10:30-11:30 AM	JIP BEATS	MADISON
SUNDAY	S	9-10 AM	POWER TO STRETCH	RACHEL
	S	4-5 PM	SLOW FLOW TO YIN	ALEXANDRA
	S	5:30-6:30 PM	POWER FLOW	J.J.

S = OFFERED IN-STUDIO

Z = OFFERED VIA ZOOM