


# NOVEMBER

Special  
Classes and  
Workshops

Warm Classes

## 2025

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
					9am Slow Flow w/Jan	10am Grow & Flow w/Sheena 10am Vinyasa Flow w/Maria 12-2pm Root to Crown Workshop: Root Chakra w/Sheena
2	3	4	5	6	7	8
10 am Vinyasa w/ Emily  5pm Stretch and Align w/Katie	8:30 am Gentle Yoga w/Eva  5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise Flow w/Katie 10am Hatha w/ Sheena 11:30am Prenatal Yoga w/ Deanna 6 Hatha Yoga w/Sheena	8:30 am Gentle Yoga w/ Jan  6pm Warm Power Flow w/Jan	5:45am Sunrise Flow w/Katie 9am Gentle Yoga w/Eva 10:30 am Postnatal Yoga w/ Deanna 5:45 pm Rest & Renew w/Eva 7pm Full Moon Yoga w/ Sheena	9am Slow Flow w/Jan	8:30 am Barre w/ Jan 10am Vinyasa Flow w/Courtney
9	10	11	12	13	14	15
10 am Tone & Flow w/ Sheena  5pm Restorative w/ Katie	8:30 am Gentle Yoga w/Eva  5:30pm Vinyasa Flow w/Jan	5:45am Sunrise Flow w/Katie 10am Hatha w/ Sheena 11:30am Prenatal Yoga w/ Deanna 6pm Hatha Yoga w/Sheena	8:30 Gentle Yoga w/ Jan  6pm Warm Power Flow w/Gretchen	5:45am Sunrise Flow w/Katie 9am Gentle Yoga w/Eva 10:30 am Postnatal Yoga w/ Deanna 5:45 pm Rest & Renew w/Eva 7pm Cardio Yoga w/ Maria	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney 11:30 Barre Benefit w/Deanna
16	17	18	19	20	21	22
10 am Vinyasa w/ Emily  5pm Stretch and Align w/Katie	8:30 am Gentle Yoga w/Eva  5:30pm Vinyasa Flow w/Gretchen	5:45am Sunrise Flow w/Katie 10am Hatha w/ Sheena 11:30am Prenatal Yoga w/ Deanna 6pm Hatha Yoga w/Sheena 7:30 pm Yin Yoga w/ Sheena	8:30 am Gentle Yoga w/ Jan  6pm Warm Power Flow w/Jan	5:45am Sunrise Flow w/Katie 9am Restorative Yoga w/Eva 10:30 am Postnatal Yoga w/ Deanna 5:45 pm Rest & Renew w/Eva	9am Slow Flow w/Jan  6pm The Art of Gratitude w/ Courtney & Sheena	8:30 am Barre w/ Jan 10am Vinyasa Flow w/Courtney
23/30	24	25	26	27	28	29
10 am Tone & Flow w/ Sheena 1-3 pm Heal the Healer: Reiki Share 5pm 90 min Restorative & soundbath Savasana w/ Eva  10 am Vinyasa w/ Emily 5pm Stretch and Align w/Katie	8:30 am Gentle Yoga w/Eva  5:30pm Vinyasa Flow w/Jan 7pm Yoga Nidra w/ Sheena	5:45am Sunrise Flow w/Katie 10 am Hatha w/ Sheena 11:30am Prenatal Yoga w/ Deanna 6pm Hatha Yoga w/Sheena 7:30 pm Rock N Flow w/ Courtney	8:30 am Gentle Yoga w/ Jan  6pm Warm Power Flow w/Gretchen	No Class HAPPY THANKSGIVING! 	9am Slow Flow w/Jan	10am Vinyasa Flow w/Courtney