NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 10am Cosmic Flow w/ Sheena 5pm Yin w/ Emerald 6:30pm THRESHOLDS w/ Sheena	**2** 9 am Gentle Yoga w/George 5:30pm Vinyasa w/Gretchen	**3** 5:45am Sunrise w/Dani 9am Hatha w/ Sheena 6pm Hatha w/Sheena	**4** 9am Gentle w/ Jan 4:30pm Tone & Flow w/ Jan 6pm Power Flow w/ Maria	**5** 5:45am Sunrise w/Dani 9am Gentle Yoga w/George 6 pm Rest & Renew wGeorge	**6** 9am Slow Flow w/George	**7** 10am Grow & Flow w/Erica 10am Vinyasa w/Sheena
8 10 am Vinyasa w/ George 5pm Restorative w/ Eva	**9** 8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa w/Gretchen 7:15 pm Meditation w/ Gabby	**10** 5:45am Sunrise w/Dani 9am Hatha w/ Sheena 6pm Hatha w/Sheena	**11** 9am Gentle Yoga w/ Jan 4:30pm Tone & Flow w/ Jan 6pm Power Flow w/ Maria	**12** 5:45am Sunrise w/Dani 9am Gentle Yoga w/George 6 pm Rest & Renew w/Eva	**13** 9am Slow Flow w/Jan	**14** 10am Vinyasa w/Courtney 12pm Voice Liberation w/ Cassie
15 10am Cosmic Flow w/ Sheena 5pm Yin w/ Emerald	**16** 8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa w/JGretchen	**17** 5:45am Sunrise w/Dani 9am Hatha w/ Sheena 6pm Yln w/Sheena	**18** 9 Gentle Yoga w/ Jan 4:30pm Tone & Flow w/ Jan 6pm Power Flow w/ Maria	**19** 5:45am Sunrise w/Dani 9am Gentle Yoga w/George 6 pm Rest & Renew w/Eva	**20** 9am Slow Flow w/Jan 7pm Meditation w/ Gabby	**21** 10am Vinyasa w/Courtney 4pm LSD w/ Emerald
22 10 am Vinyasa w/ Emerald 5pm Restorative w/ Eva	**23** 8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa w/Gretchen	**24** 5:45am Sunrise w/Dani 9am Hatha w/ Sheena 6pmFull Moon w/Sheena	**25** 9am Gentle Yoga w/ Jan	**26** 9am Vinyasa w/George HAPPY THANKSGIVING!! 	**27** 9am 108 Yoga Mala w/Sheena	**28** 10am Vinyasa w/Courtney 4pm The Descent w/ Gabby & Sheena
29 10am Cosmic Flow w/ Sheena 5pm Yin w/ Sheena 6:30pm Yoga Nidra w/ Sheena	**30** 8:30 am Gentle Yoga w/Eva 5:30pm Vinyasa w/Gretchen	**1** 5:45am Sunrise w/Dani 9am Hatha w/ Sheena 6pm Hatha w/Sheena	**2** 9am Gentle Yoga w/ Jan 4:30pm Tone & Flow w/ Jan 6pm Power Flow w/ Maria	**3** 5:45am Sunrise w/Dani 9am Gentle Yoga w/George 6 pm Rest & Renew w/Eva	**4** 9am Slow Flow w/Jan	**5** 10am Vinyasa w/Courtney