



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>12:00 – 1:00pm Pilates (Core strengthening) <i>Lynne</i></p> <p>5:45 – 7:00pm Kundalini Yoga <i>Mary</i></p>	<p>10:00 -11:15am Gentle Hatha Yoga <i>Jen</i></p> <p>1:00 – 2:30pm Restorative Yoga <i>Amber</i></p> <p>6:00 – 7:00pm *Beginners Yoga For Men <i>Lindsey</i></p> <p>7:30 – 8:45pm Hatha Mixer <i>Lindsey</i></p>	<p>6:30 – 7:30am Rise and Shine <i>Amber</i></p> <p>7:45 – 8:45am Rise and Shine <i>Amber</i></p> <p>12:00 – 1:15pm Kundalini Yoga <i>Lynne</i></p> <p>6:00 - 7:15pm *Special Class Series <i>Teacher Rotation</i></p> <p>Please check our website for series schedule</p>	<p>10:00 –11:15am Hatha <i>Jen</i></p> <p>1:30 – 2:45pm Gentle Yoga For Women <i>Margie / Amelia</i></p> <p>5:45 – 7:00 Yin Yoga <i>Amelia / Margie</i></p> <p>7:30 – 8:45pm Hatha <i>Kat</i></p>	<p>9:30 – 11:00am Kundalini yoga <i>Teacher Rotation</i></p>	<p>9:00 – 10:15am Kundalini yoga <i>Amber</i></p>	<p>8:30 – 9:30am Slow Flow <i>Ashley</i></p>

Please visit our website for our monthly karma classes and upcoming special events

*We are excited to introduce our Yoga series classes on Wednesday nights 6:00–7:15 pm. Our diverse group of teachers will be offering different mini series to help support you on your path for improved health and wellness.

*We are also offering a 4 week series of Beginners Yoga for men Tuesday nights from November 27th – December 18th. Use your class pass, drop in or pay for the whole session.