



November 2017

New Teacher & Class Time

Thursday Mornings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	2 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	3 8:30am-ALBasic w/Dayna	4 9:00am-ALBasic w/Sybil
5 9:00am-ALBasic w/Ari	6 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Sybil	7 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	8 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	9 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	10 8:30am-ALBasic w/Dayna 10:00 – Sybil's Special Class!	11 9:00am-ALBasic w/Shaina
12 9:00am-ALBasic w/Ari	13 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Danielle	14 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	15 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	16 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	17 8:30am-ALBasic w/Dayna	18 9:00am-ALBasic w/Sybil
19 9:00am-ALBasic w/Wendy	20 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Danielle	21 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	22 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	23 8:00am–9:00am Thanksgiving Class. Join us for a very special class!!!	24 8:30am-ALBasic w/Dayna	25 9:00am-ALBasic w/Sybil
26 9:00am-ALBasic w/Ari	27 10:00am-Restorative w/Sybil 6:00pm-Gentle w/Danielle	28 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:45pm-ALFlow w/Maggie	29 7:00am-ALFlow w/Maggie 5:00pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	30 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari		

Restorative Yoga Gentle – Gentle Yoga Chair – Chair Yoga ALBasic – All Levels Basic Yoga ALFlow – All Levels Flow Yoga Ball- Yoga Ball