



INSIDEOUT yoga

Challenge your body. Nurture your spirit.

CLASS SCHEDULE OCTOBER 2017

This month's theme: *Be(A)ware!*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 2:00-3:00 pm BREATHE & STRETCH (YMCA)	3 9:30-10:30 am SLOW FLOW	4 9:30-10:30 am POWER FLOW <hr/> 11:00 am - 12:00 pm YOGA FOR HEALTHY AGING	5 9:30-10:30 am BREATHE & STRETCH	6 9:30-10:30 am SLOW FLOW	7
9 2:00-3:00 pm BREATHE & STRETCH (YMCA)	10 9:30-10:30 am SLOW FLOW	11 9:30-10:30 am POWER FLOW <hr/> 11:00 am - 12:00 pm YOGA FOR HEALTHY AGING	12 9:30-10:30 am BREATHE & STRETCH <hr/> 2:00-3:00 pm ALIGNMENT FLOW (YMCA)	13 9:30-10:30 am SLOW FLOW	14 9:30-10:30 am STEADY FLOW
16 2:00-3:00 pm BREATHE & STRETCH (YMCA)	17 9:30-10:30 am SLOW FLOW	18 NO CLASSES	19 9:30-10:30 am BREATHE & STRETCH	20 9:30-10:30 am SLOW FLOW	21
23 2:00-3:00 pm BREATHE & STRETCH (YMCA)	24 9:30-10:30 am SLOW FLOW	25 9:30-10:30 am POWER FLOW (Lena Okun) <hr/> NO YOGA FOR HEALTHY AGING	26 9:30-10:30 am BREATHE & STRETCH (Restorative) (Ally) <hr/> IOY/OBX	27 9:30-10:30 am SLOW FLOW (Ally) <hr/> IOY/OBX	28 9:30-10:30 am STEADY FLOW (Ally) <hr/> IOY/OBX
30 2:00-3:00 pm BREATHE & STRETCH (YMCA)	31 9:30-10:30 am SLOW FLOW	1 9:30-10:30 am POWER FLOW <hr/> 11:00 am - 12:00 pm YOGA FOR HEALTHY AGING	2 9:30-10:30 am BREATHE & STRETCH	3 9:30-10:30 am SLOW FLOW	4