NOVEMBER 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26 10am- Morning Yoga (James)	27	28 10am - Morning Yoga (James)	29	30	31	1
2 10am- Morning Yoga (James)	3 10am - Yoga360 (Nishank)	4 10am - Morning Yoga (James) 5:15pm - Barre (Tara)	5	6 6pm - Yoga 360 (Nishank)	7 9:30am - Power Flow (Alexa) 6pm- Yoga 360 (Nishank)	8 9am - Yoga 360 (Nishank)
9 10am - Morning Yoga (James)	10 10am - Yoga360 (Nishank)	11 10am - Morning Yoga (James) 5:15pm - Barre (Tara)	12 6pm - Yoga to Unwind (Tara M.)	13 6pm - Yoga 360 (Nishank)	14 6pm - Yoga 360 (Nishank)	15 9am - Yoga 360 (Nishank)
16 10am - Morning Yoga (James)	17 10am - Yoga360 (Nishank)	18 10am - Morning Yoga (James) 5:15pm - Barre (Tara)	19 9am - Yoga & Mobility Flow (Erica)	20 6pm - Yoga360 (Nishank) 7pm - YOMA (Leann & James)	21 9:30am - Power Flow (Alexa) 6pm- Yoga 360 (Nishank)	22 9am - Yoga 360 (Nishank)
23 10am - Morning Yoga (James) 6pm - Full Moon Yoga (Tara M)	24 6pm - Pre-Thanksgiving Gratitude Meditation (Crystal)	25 10am - Morning Yoga (James)	26	27 6pm - Yoga 360 (Nishank)	28 9:30am - Power Flow (Alexa) 6pm- Yoga 360 (Nishank)	29 9am - Yoga 360 (Nishank)

ALL CLASSES $15 UNLESS OTHERWISE NOTED. CLASS FEE PAID DIRECTLY TO INSTRUCTOR. PLEASE PRE-REGISTER AT OMBODYMASSAGEANDWELLNESS.COM OR CALL 724.320.9386.