

OCTOBER 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



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

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