

“Some people want it to happen, some wish it would happen, others make it happen.”

—Michael Jordan

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(F) = Fitness Class (Y) = Yoga Class (E) = Event			-Book your private with us.. -Personal Training / Assisted Stretching -Inversion Training -Massage / Sauna		1	2
3 (Y)Hatha Yoga 9:00am-10:00am	4 (F)Agni (Fire) 6:0pm - 6:45pm)	5 (Y)Yin Yoga 6:00pm-7:00pm	6 Back to the Basics, Yoga 101 6:00pm-7:00pm	7 (F)Flexibility Deep Dive 6:00pm-7:15pm	8	9
10 (Y)Hatha Yoga 9:00am-10:00am	11 (F)Agni (Fire) 6:0pm - 6:45pm)	12 Chair Yoga 6:00pm-7:00pm	13 Back to the Basics, Yoga 101 6:00pm-7:00pm	14 (F)Flexibility Deep Dive 6:00pm-7:15pm	15	16
17 (Y)Hatha Yoga 9:00am-10:00am	18 (F)Agni (Fire) 6:0pm - 6:45pm)	19 (Y)Yin Yoga 6:00pm-7:00pm	20 Back to the Basics, Yoga 101 6:00pm-7:00pm	21 (F)Flexibility Deep Dive 6:00pm-7:15pm	22	23
24 (Y)Hatha Yoga 9:00am-10:00am	25 (F)Agni (Fire) 6:0pm - 6:45pm)	26 Chair Yoga 6:00pm-7:00pm	27 Back to the Basics, Yoga 101 6:00pm-7:00pm	28 <b>Closed</b> <b>Happy</b> <b>Thanksgiving!!!</b>	29	30

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