

# November - December 2025

## Week Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> Yoga Studies Information Session 10:00 - 12:00	<b>1</b> 9:00 - 10:30 Slow Pace Beginner Friendly  December	<b>2</b> 4:30-6:00 Level 2 Advanced	<b>3</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1	<b>4</b> 4:30 - 6:00 Preliminary Course	<b>5</b>	<b>6</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1
<b>7</b>	<b>8</b> 9:00 - 10:30 Slow Pace Beginner Friendly	<b>9</b> 4:30-6:00 Level 2 Advanced	<b>10</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1	<b>11</b> 4:30 - 6:00 Preliminary Course	<b>12</b>	<b>13</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1
<b>14</b>	<b>15</b> 9:00 - 10:30 Slow Pace Beginner Friendly	<b>16</b> 4:30-6:00 Level 2 Advanced	<b>17</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1	<b>18</b> 4:30 - 6:00 Preliminary Course	<b>19</b>	<b>20</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1
<b>21</b> 9:00 - 11:30 Iyengar Yoga Odyssey \$25	<b>22</b> 9:00 - 10:30 Slow Pace Beginner Friendly	<b>23</b> 4:30-6:00 Level 2 Advanced	<b>24</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1	<b>25</b> No Class	<b>26</b>	<b>27</b> 8:30 - 10:00 Level 1/2  10:30 - 12:00 Level 1