

October - November 2025

Week Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 9:00 - 10:30 Preliminary Course	7 4:30-6:00 Level 2 Advanced	8 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	9 4:30-6:00 Preliminary Course	10	11 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1
12 9:00 - 11:30 Iyengar Yoga Odyssey	13 9:00 - 10:30 Preliminary Course	14 4:30-6:00 Level 2 Advanced	15 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	16 4:30-6:00 Preliminary Course	17	18 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1
19	20 9:00 - 10:30 Preliminary Course	21 4:30-6:00 Level 2 Advanced	22 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	23 4:30-6:00 Preliminary Course	24	25 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1
26	27 9:00 - 10:30 Preliminary Course	28 4:30-6:00 Level 2 Advanced	29 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1	30 4:30-6:00 Preliminary Course	31	1 8:30 - 10:00 Level 1/2 10:30 - 12:00 Level 1 November