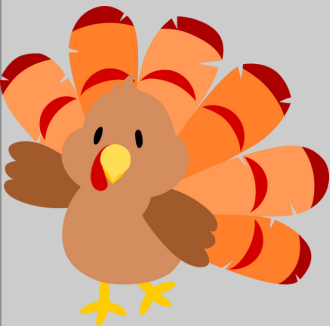


November 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

-KEY- ● =NON-HEATED
BLANK SPOT=NO CLASS

					1 FORREST 9AM
3 FLOW 9AM	4 EASE & ESSENCE :EMBODIED FLOW 5:30PM	5 FORREST 5:30PM	6	7	8 FORREST 9AM
10 FLOW 9AM	11 EASE & ESSENCE :EMBODIED FLOW 5:30PM	12 SLOW FLOW ● 9AM FORREST 5:30PM	13	14	15 FLOW 9AM
17 FLOW 9AM	18 EASE & ESSENCE :EMBODIED FLOW 5:30PM	19 SLOW FLOW ● 9AM FORREST 5:30PM	20	21	22 FORREST 9AM
24 FLOW 9AM	25 EASE & ESSENCE :EMBODIED FLOW 5:30PM	26 SLOW FLOW ● 9AM	27 <i>IN ALL Things GIVE Thanks</i>	28 	29 FLOW 9AM

Register online for updated schedule and cancellation notifications