

December 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2 FLOW 9AM	3 INTERMEDIATE FLOW 5:30PM	4 NO CLASS	5 ● YIN 5:30PM	6 ● SLOW FLOW 8AM	7 FORREST 9AM
9 FLOW 9AM	10 INTERMEDIATE FLOW 5:30PM	11 NO CLASS	12 ● REST & RECOVER 4:30PM	13 ● SLOW FLOW 8AM	14 FLOW 9AM
16 FLOW 9AM	17 INTERMEDIATE FLOW 5:30PM	18 NO CLASS	19 ● YIN 4:30PM	20 ● SLOW FLOW 8AM	21 FORREST 9AM
23 FLOW 9AM	24 NO CLASS	25 NO CLASS	26 NO CLASS	27 ● SLOW FLOW 8AM	28 FLOW 9AM
30 FLOW 9AM	31 NO CLASS	● KEY= NON-HEATED			

Register online for updated schedule and cancellation notifications