

October 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

-KEY-

● =HEATED

BLANK SPOT=NO CLASS

			1 CHAT 10AM	2	3 FLOW ● 9AM
5 FLOW 9AM	6 STRETCH & STRENGTHEN 9AM	7 FLOW 9AM	8 CHAT 10AM	9	10 FORREST ● 9AM
12 FLOW 9AM	13 STRETCH & STRENGTHEN 9AM	14 FLOW 9AM	15 CHAT 10AM	16	17 FLOW ● 9AM
19 FLOW 9AM	20 STRETCH & STRENGTHEN 9AM	21 FLOW 9AM	22 CHAT 10AM	23	24 FLOW ● 9AM
26 FLOW 9AM	27 STRETCH & STRENGTHEN 9AM	28 FLOW 9AM	29 CHAT 10AM	30	31 FORREST ● 9AM

Register online for updated schedule& cancellation notifications. Late cancel \$15 fee