

October 2025

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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



		1 FORREST 5:30PM	2	3 ● SLOW FLOW 8AM	4 FORREST 9AM
6 FLOW 9AM	7 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	8 FORREST 5:30PM	9 ● YIN 5:30PM	10 ● SLOW FLOW 8AM	11 FORREST 9AM
13 FLOW 9AM	14 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	15 FORREST 5:30PM	16 ● YIN 5:30PM	17 ● SLOW FLOW 8AM	18 FLOW 9AM
20 FLOW 9AM	21 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	22 FORREST 5:30PM	23	24	25 FORREST 9AM
27 FLOW 9AM	28 EASE & ESSENCE A HOLISTIC EXPERIENCE 5:30PM	29 FORREST 5:30PM	30 ● YIN 5:30PM	31 ● SLOW FLOW 8AM	

Register online for updated schedule and cancellation notifications