

October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Gentle 9:30 a.m. Gentle 7:30 p.m.	16 Zoom 8 a.m. Slow flow 5:30 p.m. Gentle 7:30 p.m.	17 Slow Flow 9:30 a.m. Gentle 5:30 p.m.	18 Zoom 8 a.m.	19 Zoom 8 a.m.
20	21 Zoom 8 a.m. Restorative 7:30 pm	22 Gentle 9:30 a.m. Gentle 7:30 p.m.	23 Zoom 8 a.m. Slow flow 5:30 p.m. Gentle 7:30 p.m.	24 Slow Flow 9:30 a.m. Gentle 5:30 p.m.	25 Zoom 8 a.m.	26 Zoom 8 a.m.
27	28 Zoom 8 a.m. Restorative 7:30 pm	29 Gentle 9:30 a.m. Gentle 7:30 p.m.	30 Zoom 8 a.m. Slow flow 5:30 p.m. Gentle 7:30 p.m.	31 Slow Flow 9:30 a.m. Gentle 5:30 p.m.		

November

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Zoom 8 a.m. Restorative 7:30 pm	5 Gentle 9:30 a.m. Gentle 7:30.p.m	6 Zoom 8 a.m. Slow flow 5:30 p.m Gentle 7:30 p.m	7 Slow Flow 9:30 a.m Gentle 5:30 p.m	8 Zoom 8 a.m.	9 Zoom 8 a.m.
10	11 Zoom 8 a.m. Restorative 7:30 pm	12 Gentle 9:30 a.m. Gentle 7:30.p.m	13 Zoom 8 a.m. Slow flow 5:30 p.m Gentle 7:30 p.m.	14 Slow Flow 9:30 a.m Gentle 5:30 p.m	15 Zoom 8 a.m.	16 Zoom 8 a.m.
17	18 Zoom 8 a.m. Restorative 7:30 pm	19 Gentle 9:30 a.m. Gentle 7:30.p.m	20 Zoom 8 a.m. Slow flow 5:30 p.m Gentle 7:30 p.m	21 Slow Flow 9:30 a.m Gentle 5:30 p.m	22 Zoom 8 a.m.	23 Zoom 8 a.m.
24	25 Zoom 8 a.m. Restorative 7:30 pm	26 Gentle 9:30 a.m. Gentle 7:30.p.m	27 Zoom 8 a.m. Slow flow 5:30 p.m Gentle 7:30 p.m	28 Slow Flow 9:30 a.m Gentle 5:30 p.m	29 Zoom 8 a.m.	30 Zoom 8 a.m.

December

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Zoom 8 a.m. Restorative 7:30 pm	3 Gentle 9:30 a.m. Gentle 7:30 p.m	4 Zoom 8 a.m. Slow flow 5:30 p.m. Gentle 7:30 p.m	5 Slow Flow 9:30 a.m. Gentle 5:30 p.m	6 Zoom 8 a.m.	7 Zoom 8 a.m.
8	9 Zoom 8 a.m. Restorative 7:30 pm	10 Gentle 9:30 a.m. Gentle 7:30 p.m	11 Zoom 8 a.m. Slow flow 5:30 p.m. Gentle 7:30 p.m	12 Slow Flow 9:30 a.m. Gentle 5:30 p.m	13 Zoom 8 a.m.	14 Zoom 8 a.m.
15	16 Zoom 8 a.m. Restorative 7:30	17 Gentle 9:30 a.m. Gentle 7:30 p.m	18 Zoom 8 a.m. Slow flow 5:30 p.m. Gentle 7:30 p.m	19 Slow Flow 9:30 a.m. Gentle 5:30 p.m	20 Zoom 8 a.m.	21 Zoom 8 a.m.
22	23	24	25	26	27	28
29	30	31				