

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:00-10:00am Functional Fitness 10:30-11:30pm Finding Space for the Breath 6:00-7:00pm Yoga Nidra	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:15-10:15am Functional Fitness for Seniors	9:30-10:45am Yoga with Susan (she is covering for Erin)
6	7	8	9	10	11
4:00-5:00pm Functional Fitness 6:30-7:30pm Finding Space for the Breath	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness 10:30-11:30pm Finding Space for the Breath	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:15-10:15am Functional Fitness for Seniors	9:30-10:45am Yoga with Erin
13	14	15	16	17	18
4:00-5:00pm Functional Fitness 6:30-7:30pm Finding Space for the Breath	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:00-10:00am Functional Fitness 10:30-11:30pm Finding Space for the Breath	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	9:15-10:15am Functional Fitness for Seniors	9:30-10:45am Yoga with Erin
20	21	22	23	24	25
4:00-5:00pm Functional Fitness	6:30-7:30am Functional Fitness 9:00-10:15am Flow Yoga	Studio Closed	Studio Closed	Studio Closed	Studio Closed
27	28	29	30	31	
Studio Closed	Studio Closed	Studio Closed	Studio Closed	Studio Closed	