



November 2026

Monday

9:00 am	Reformer Pilates -With Emily
11:30 pm	Slow Moving Yoga - With Lynn
1:00 pm	Yoga With Props - With Lynn
4:30 pm	Reformer Pilates - With Angie
5:45 pm	Reformer Pilates - With Emily

Tuesday

8:15 am	Vinyasa Flow Yoga - With Meghan
9:30 am	Reformer Pilates - With Emily
12:00 pm	Weights & Core - With Emily
6:00 pm	Reformer Pilates - With Gina

Wednesday

9:00 am	Reformer Pilates -With Emily
4:30 pm	Reformer Pilates - With Emily

Thursday

8:15 am	Vinyasa Flow Yoga - With Meghan
9:30 am	Reformer Pilates - With Emily
10:45 am	Weights & Core Express - With Emily
4:30 pm	Pilates Reformer + Strength Combo
5:45 pm	Reformer Pilates - With Emily

Friday

9:00 am	Reformer Pilates - With Emily
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1
SUN

Sunday Reset Sound Bath

6:30-7:30 pm - Ali

6
FRI

Gratitude & Glow (Yoga+More)

4:00-5:15 - Margie & Meghan

7
SAT

Double Dose of Sunshine

10:00-11:00 am - Dr. Ashely & Angie

13
SUN

EveryBODY Dance Party

4:00-5:00 - Dr. Ashley w. Curio Dance

14
SAT

Pop-Up Vinyasa Flow

8:30 - 9:30 am - Meghan

14
SAT

Understanding The System

10:00-11:30 - Emily

18
WED

The Receiving Heart Sound Bath

6:00 - 7:00 pm - Ali & Dawn

21
SAT

Pop-Up Vinyasa Flow

8:30 - 9:30 am - Meghan

27
FRI

Burning The Midnight Turkey

10:00-11:30 am - Emily

28
SAT

Understanding The System

10:00-11:30 am - Emily

29
SUN

Sunday Reset Sound Bath

6:30-7:30 pm - Ali

