

December 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>CLOSED</p> <p>**Get a Jumpstart on 2020. Sign Up for an Auto-pay Package NOW through New Year's Day & Receive \$10 (see website or studio office for details)**</p>	<p>2</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>3</p> <p>9:30 am Beginner's Yoga-Nicole 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>4</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 5:30pm Yoga I-Nicole 6:45 pm Core Yoga-Sarah</p>	<p>5</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>6</p> <p>9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>7</p> <p>9:30 am All Levels Yoga -Liz 10:45 am Unwind Yoga-Michele</p>
<p>8</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>9</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>10</p> <p>9:30 am Beginner's Yoga-Nicole 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>11</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 5:30pm Yoga I-Nicole 6:45 pm Core Yoga-Sarah</p>	<p>12</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>13</p> <p>9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>14</p> <p>9:30 am All Levels Yoga - Liz (10am-3pm Yin Yoga for Yoga Teachers & anyone curious to understand Yin*-Nicole) 10:45 am Unwind Yoga-Michele</p>
<p>15</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>16</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>17</p> <p>9:30 am Beginner's Yoga-Nicole 5:30 pm Mindful Yoga & Meditation-Colleen 6:45 pm Yin Yoga with candlelight*-Nicole</p>	<p>18</p> <p>9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 5:30pm Yoga I-Mary 6:45 pm Core Yoga-Sarah</p>	<p>19</p> <p>9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Mary 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>20</p> <p>9:30 am Yoga I/II-Mary (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole) 5:30pm Relax & Renew with Candlelight*-Nicole</p>	<p>21</p> <p>9:30 am All Levels Yoga - Liz 10:45 am Unwind Yoga-Michele (12:00 pm Winter Solstice Event**-Nicole)</p>
<p>22</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>23</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow I/II *-Nicole</p>	<p>24</p> <p>9:30 am Yin/Yang Yoga*-Nicole NO EVENING CLASSES ***Check Your Email TODAY for Lowest Prices of the Year on Packages Details!***</p>	<p>25</p> 	<p>26</p> <p>CLOSED</p> <p>***Lowest Prices of the Year on Package Sales Begins ONLINE TODAY! **</p>	<p>27</p> <p>CLOSED</p>	<p>28</p> <p>9:30 am All Levels Yoga - Liz 10:45 am Unwind Yoga-Michele</p>
<p>29</p> <p>9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>30</p> <p>9:30 am Yoga I-Sandy 4:00 pm Mellow Flow Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Yoga II Flow *-Nicole</p>	<p>31</p> <p>9:30 am Beginner's Yoga-Nicole NO EVENING CLASSES</p> 	<p>1</p> <p>January 1st, 2020 10:30 am Detox Flow for the New Year*-Nicole</p>	<p>2</p> <p>CLOSED</p> <p><small>*75-90 min class **2 hour class ***2 1/2 hour class</small></p>	<div style="border: 2px solid purple; padding: 10px; text-align: center;"> <p>DROP-IN CLASSES DAILY, WEEKLY OR MONTHLY DO NOT REQUIRE PRE-REGISTRATION.</p> <p>(SPECIAL SESSIONS, EVENTS & WORKSHOPS)</p> </div>	



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****Offer Ends January 31st, 2020**

Some restrictions may apply.