



October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Pre-registration for Classes Recommended & Encouraged. May book up to 4 weeks in advance. Walk-ins allowed IF space in class is available.</p> <p align="center">Special sessions, events & workshops Pre-registration Required</p> <div align="center"> <p>Subscribe to our YouTube Channel & find us on Facebook, Instagram & Twitter</p> </div> <p align="right">*75-90 min class **2 hour class ***2 1/2 hour class</p>						
<p>2 No classes at JBYS YouTube: TBA</p>	<p>3 9:30 am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga-Vickie[in-studio] 5:30 pm Beginners - Nicole [hybrid]</p>	<p>4 9:30am Beginner's Yoga - Nicole [hybrid] 6:00pm Yin Yoga with candlelight* - Nicole [hybrid]</p>	<p>5 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30 pm Yoga I - Kourtney [online] 6:45 pm Classical Yoga- Shakha [in-studio]</p>	<p>6 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>7 9:30am Yin/Yang Yoga* - Nicole [hybrid] 5:30pm Slow Flow Yoga I/II* - Nicole [hybrid]</p>	<p>8 No classes at JBYS Staff Day</p>
<p>9 YouTube: TBA</p>	<p>10 9:30 am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga-Vickie[in-studio] 5:30 pm Organic Yoga Flow-Nicole [hybrid]</p>	<p>11 9:30am Beginner's Yoga - Nicole [hybrid] 6:00pm Yin Yoga with candlelight* - Nicole [hybrid]</p>	<p>12 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 5:30 pm Yoga I - Kourtney [hybrid] 6:45 pm Classical Yoga- Shakha [in-studio]</p>	<p>13 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>14 9:30am Yin/Yang Yoga* - Nicole [hybrid] 5:30pm Relax, Renew & Restore Yoga with Candlelight Series -Nicole [hybrid]</p>	<p>15 9:30 am Mindful Yoga Flow - Alanna [hybrid] 10:45 am Vinyasa Yoga - Liz [in-studio]</p>
<p>16 YouTube: TBA</p>	<p>17 9:30am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga-Vickie[in-studio] 5:30pm Beginners - Alanna [hybrid]</p>	<p>18 9:30 am Beginner's Yoga - Nicole [hybrid] 4:30 pm Yoga for EVERY Body-Colleen [hybrid] 6:00pm Yin Yoga with candlelight* - Nicole [hybrid]</p>	<p>19 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30 pm Yoga I - Kourtney [online] 6:45 pm Classical Yoga- Shakha [in-studio]</p>	<p>20 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>21 9:30am Yin/Yang Yoga* - Gabby [hybrid]</p>	<p>22 9:30 am Mindful Yoga Flow - Alanna [hybrid] 10:45 am Vinyasa Yoga - Liz [in-studio]</p>
<p>23 YouTube: TBA</p>	<p>24 9:30am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga-Vickie[in-studio] 5:30pm Beginners - Gabby [hybrid]</p>	<p>25 9:30 am Beginner's Yoga - Nicole [hybrid] 4:30 pm Yoga for EVERY Body-Colleen [hybrid] 6:00 pm Yin Nidra for the New Moon with candlelight** - Nicole [hybrid]</p>	<p>26 9:30am Slow Flow* - Nicole [hybrid] 11:15am More than Chair Yoga* - Mary [hybrid] 5:30pm Core Yoga - Sarah [in-studio] 5:30 pm Yoga I - Kourtney [online] 6:45 pm Classical Yoga- Shakha [in-studio]</p>	<p>27 9:30am Beginner's Yoga - Nicole [hybrid]</p>	<p>28 9:30am Yin/Yang Yoga* - Nicole [hybrid]</p>	<p>29 9:30 am Mindful Yoga Flow - Alanna [hybrid]</p>
<p>30</p>	<p>31 9:30 am Mellow Monday Morning Yoga - Nicole [online] 9:30 am Strength & Balance Yoga-Vickie[in-studio] NO Evening Classes</p>	<p align="center">We offer: In-studio, Online, & Hybrid Yoga Classes Additional Classes, Privates & Semi-privates available by appointment (in-person or online) All interactive online yoga classes are included in All JBYS packages; Virtual ONLY Packages Available (in-person classes not included) All YouTube Offerings are Donation Only</p>				