

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>9 a.m. Total Body Sculpt</p> <p>10:15 a.m. Gentle Yoga</p> <p>4:45 p.m. Barre</p> <p>6 p.m. BodyCombat</p>	<p>8:30 a.m. Power Barre</p> <p>10:15 a.m. Mindful Flow</p> <p>6 p.m. All-Levels Yoga</p> <p>7:15 p.m. Grounded Aerial</p>	<p>7:45 a.m. Yoga-Pilates Mash-up</p> <p>9 a.m. BodyCombat</p>	<p>8:45 a.m. Barre Fire</p> <p>4:30 p.m. Gentle Stretch and Strengthen</p> <p>6 p.m. All-Levels Yoga</p> <p>7:15 p.m. Aerial Yoga</p>	<p>9 a.m. Total Body Sculpt</p>
<b>SATURDAYS</b>				
<p>8:30 a.m. BodyCombat</p> <p>10 a.m. Aerial Fitness</p>				

## SPECIALTY CLASSES AND WORKSHOPS

*Calendar is subject to change.  
Please check website for updates.*

### SUNDAY

November 5, 3:30 p.m.  
ACROVINYASA

### WEDNESDAY

November 8, 6 p.m.  
TRE

### FRIDAY

November 10, 6 p.m.  
So You Think You Can Dance?

### SUNDAY

November 12, 1:30 p.m.  
Sadhana

### WEDNESDAY

November 15, 6 p.m.  
Candlelight restorative  
and yoga nidra

### SATURDAY

November 18, 11:30 a.m.  
Intro to Aerial

### SUNDAY

November 19, 6:30 p.m.  
Sound Bath in Aerial Hammocks

### THURSDAY, THANKSGIVING

November 23  
Holiday workout

### SATURDAY

December 2, 1 p.m.  
Mandala Dot Paint Party:  
Christmas Ornament

## SUNDAYS

9:15 a.m.  
Tabata & Core

10 a.m. (*alternates*)  
Barre (11/5 & 11/26)  
BodyCombat (11/12)  
Total Body Sculpt (11/19)

11:30 a.m.  
All Fly Aerial

4:30 p.m.  
Yin Yoga



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