



November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 9:00-Level 2-Sue 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Christina 11:00-Ageless Gentle-Carolyn 5-Level 2-Kerry 6:30-Level 1-Kerry	2 9:00-Level 3-Randi 9:00-Med-Christina 10:30-Level 1-Randi 10:30- Ageless/Gentle-Carolyn	3 9AM-Mixed Level-Liz 9AM-Mindful-Jim
4	5 9- Ageless Lev 1-Heather 10:30-Level 2-Kim 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Mary Lou 6:00- Gentle-Mary	6 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	7 9:00- Ageless Lev 1 –Christina 9:30-Yin-Mary Lou 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Kerry	8 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn (balls) 5-Level 2-GeGe 6:30-Level 1-GeGe	9 9:00-Level 3-Liz 9:00-Restore/Med-Christina 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Mary Lou	10 9AM-Mixed Level-Kerry 9AM-Mindful-Liz 1-4 pm Open House 
11 4-5:15pm-Restorative Flow-Randi	12 9- Ageless Lev 1-Kim 10:30-Level 2-Debbie 10:30- Ageless/Gentle-Carolyn (balls) 6:00-Yin-Brier 6:00- Gentle-Mary	13 9:00-Level 1-Christina 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	14 9:00- Ageless Lev 1-JoRoyce 9:30-Yin-Erin 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Brier	15 9:00-Level 2-Kim 9:15-Vinyasa Flow-Gina 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5-Level 2-Kerry 6:30-Level 1-Kerry	16 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle-Mary Lou	17 9AM-Mixed Level-Brier 9AM-Mindful-Mary Lou 10:30-6:30-200 Hr TT
18 10:00-6:00-200 Hr TT	19 9- Ageless Lev 1-Heather 10:30-Level 2-Randi 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Mary Lou 6:00- Gentle-Louise	20 9:00-Level 1-Randi 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	21 9:00- Ageless Lev 1 –Carolyn 9:30-Yin-Linda 10:30-Gentle/Ageless-Carolyn Evening Class Cancelled	22 Thanksgiving 	23 10:30-Mixed Level Fearless Friday Flow-Sue	24 9AM-Mixed Level-Louise 9AM-Mindful-Mary
25	26 9- Ageless Lev 1-Heather 10:30-Level 2-Kim 10:30- Ageless/Gentle-Sandy 6:00-Yin-JoRoyce 6:00- Gentle-Sandy	27 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Susan 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Susan	28 9:00- Ageless Lev 1-Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Randi	29 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5-Level 2-GeGe 6:30-Level 1-GeGe	30 9:00-Level 3-Liz 9:00-Restore/Med-Christina 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Carolyn	

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