November Yoga Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
8:30-9:15am **YOGA BASICS** Caroline	9:30-10:15am **YIN YOGA** Lisa A.	6:00-6:45am **LES MILLS PILATES** Shea	9:30-10:15 am **YIN YOGA** Lisa A.	5:30-6:30am **WARM POWER FLOW** Tammy	**Saturday:** 8:00-9:00am **YOGA** 11/7 Teresa 11/14 Kelly 11/21 Teresa 11/28 Caroline
9:30-10:30am **YOGA** Caroline	10:30-11:00am **YOGALATES** Lisa A.	8:30am-9:15am **YOGA BASICS** Kira	10:30-11:00am **YOGALATES** Lisa A.	9:30-10:30am **BACK CARE BASICS YOGA** Lisa A.	
	5:00-5:45pm **PILATES** Mellonee	9:30am-10:30am **YOGA** Kira	12:00-12:30 **LES MILLS PILATES** Brittany		**Sunday:** 3:00-4:00pm **YOGA** Kira
6:00-7:00pm **WARM YOGA** Monica	6:00-7:00pm **WARM YOGA FLOW** Mellonee	10:45-11:45 **GENTLE YOGA** Lisa A	5:30-6:30pm **EVENING YOGA FLOW** Kim		4:00-4:15ppm **LES MILLS PILATES** Shea
		11:15-12:00 **SUPPORTED YOGA** Kathy *In Studio 2			
		6:00-7:00pm **YOGA** Monica			Class sizes are limited. To reserve a spot, please use your Amilia account, our online reservation software