


NOVEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 9am - Strength for Life with Weights 10am - Pelvic Floor 4:30pm - Restorative w/Reiki	First class free Use code: FIRSTFREE = special event	12pm - Chair 1pm - Balanced Body 4:30 - Somatic Movement 5:30pm - Wall-Lattes 6:30pm - Ecstatic Movement & Breath Work 7:30 - Yoga Nidra for Sleep	9:30 - Somatic Movement 5:15 - Strength for Life with Weights 6:15pm - Chair Yoga 7:15pm - Yoga for Trauma	4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	9:30am - Mindful movement	9:00 - Wall-Lattes 10am - Balanced Body
3 9am - Strength for Life with Weights 10am - Pelvic Floor 4:30pm - Restorative w/Reiki	4 5:30 - Twilight Flow 6:30 - Craft Night	5 12pm - Chair 1pm - Balanced Body 4:30 - Somatic Movement 5:30pm - Wall-Lattes 6:30pm - Ecstatic Movement & Breath Work 7:30 - Yoga Nidra for Sleep	6 9:30 - Somatic Movement 5:15 - Strength for Life with Weights 6:15pm - Chair Yoga 7:15pm - Yoga for Trauma	7 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	8 9:30am - Mindful movement	9 9:00 - Wall-Lattes 10am - Balanced Body
10 10am - Pelvic Floor 5:00pm - Root to Rise 6:00 - Yoga for Trauma	11 6:15 - Twilight Flow	12 12pm - Chair 1pm - Balanced Body 5:30pm - Wall-Lattes 6:30pm - Somatic Movement 7:30 - Chakra Balancing Restorative w/reiki	13 5:15 - Strength for Life with Weights 6:15pm - Chair Yoga	14 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	15 9:30am - Mindful movement	16 9:00 - Wall-Lattes 10am - Balanced Body
17 10am - Pelvic Floor 4:30pm - Restorative w/Reiki	18 5:30 - Twilight Flow 6:30 - Rage Release	19 12pm - Chair 1pm - Balanced Body 5:30pm - Wall-Lattes 6:30pm - Somatic Movement 7:30 - Yoga Nidra - for Sleep	20 9:30 - Somatic Movement 5:15 - Strength for Life with Weights 6:15pm - Chair Yoga 7:15pm - Yoga for Trauma	21 4:15 - Qigong Infused Yoga 5:15 - Kickboxing Sculpt 6:15 - Candlelit Yoga	22 9:30am - Mindful movement	23 9:00 - Wall-Lattes 10am - Balanced Body
24 9am - Strength for Life with Weights 10am - Pelvic Floor 5:00pm - Root to Rise 6:00 - Yoga for Trauma	25 5:30 - Twilight Flow 6:30 - Buti Yoga	26 12pm - Chair 1pm - Balanced Body 5:30pm - Wall-Lattes 6:30pm - Somatic Movement 7:30 - Chakra Balancing Restorative w/reiki	27 1:00pm - Pre Holiday Stress Relief	28 Closed	29 Closed	30 Closed