

Sun	Mon	Tue	Wed	Thur	Fri	Sat
November - "Flexible" www.alllifeisyoga.org 907-229-3384					 April - A Brandy - B Caroline - C Caroline D -CD Tia -TK Daniel - D Janet - JH Teresa - T Logan - L K Mary - M Sarah - S Rick - R Erin - E Nikki -N Kate - KS Jim - JB	1 8:00am: Hot Yoga-Jim 9:15am: Gentle Yoga- D 10:30am: Pilates - CD 7:00pm: GLOW in the DARK - Hot Yoga w/Christie
TIME CHANGE 2 8:30am:Hot Yoga Flourish & Flow -CG 10:30am: Restorative - T Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - MR	3 5:30am: Hot Yoga-KA 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-M 11:45am: Chair Yoga - M 4:30pm: Active Yoga - Jim 6:00pm:Flow/Restore-CG 7:15pm Belly Dancing-S	4 9:15am: Circuit - M 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga - Jim 5:30pm: Hot Yoga Flow-Jim 7:30pm: Hot Yoga "Glutes & Guns"- CG	5 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M Noon: Rad Rolling Class M 4:30pm: BARRE - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A FULL MOON	6 9:15am - Circuit -KA 10:30am: Simple Yoga-JH 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - C 6:45pm:Tai Chi - S	7 5:30am: Hot Yoga-KA 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga - Kim/M 5:30pm - Circuit - Nikki 7:00pm: CLOTHING EXCHANGE	8 8:00am: Hot Yoga-Jim 9:15am: Gentle Yoga- D 10:30am: Pilates - CD
9 8:30am:Hot Yoga Flourish & Flow -CG 10:30am: Restorative: Kim Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga - MR	10 5:30am: Hot Yoga-KA 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-M 11:45am: Chair Yoga - M 4:30pm: Active Yoga - Jim 6:00pm:Flow/Restore-CG 7:15pm Belly Dancing-S	11 9:15am: Circuit - M 10:30am: Simple Yoga-T 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga - Jim 5:30pm: Hot Yoga Flow-E 7:30pm: Hot Yoga "Glutes & Guns"- MR	12 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 4:30pm: BARRE - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A	13 9:15am - Circuit -KA 10:30am: Simple Yoga:M 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - C 6:45pm:Tai Chi - S	14 5:30am: Hot Yoga-KA 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga - SW 5:30pm - Circuit - Nikki 7:15pm: Soundbath (60 mins) w/Chris - \$25PP	15 8:00am: Hot Yoga- Erin 9:15am: Gentle Yoga- D 10:30am: Pilates - CD 11:30am- Yoga at OMR Brewery w/Mary \$25 PP
16 8:30am:Hot Yoga Flourish & Flow -MR 10:30am: Restorative - T Noon: Tai Chi- Sarah 6:00pm: Flexibility in Motion(Hot) Yoga -MR	17 5:30am: Hot Yoga-KA 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-M 11:45am: Chair Yoga - M 4:30pm: Active Yoga - E 6:00pm:Flow/Restore-MR 7:15pm Belly Dancing-S	18 9:15am: Circuit - M 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-E 7:30pm: Hot Yoga "Glutes & Guns"- Tia	19 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M Noon: Healthy Feet - M 4:30pm: BARRE - CD 5:30pm: Mix-It-Up - N 6:45pm:Restorative Yoga - A NEW MOON	20 9:15am - Circuit -KA 10:30am: Simple Yoga-JH 4:00pm:Warm PiYo -KA 5:30pm: Hot Yoga - BD 6:45pm:Tai Chi - S	21 5:30am: Hot Yoga-KA 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 4:15pm: Kids Yoga - SW 5:30pm - Circuit - Nikki	22 8:00am: Hot Yoga- Erin 9:15am: Gentle Yoga- D 10:30am: Pilates - CD
23 30 8:30am:Hot Yoga Flourish & Flow -CG 10:30am: Restorative - T Noon: Tai Chi- Sarah 2pm: Soundbath (90 mins) w/Chris - \$35PP 6:00pm: Flexibility in Motion(Hot) Yoga - Logan	24 5:30am: Hot Yoga-KA 8:30am: Hot Yoga - KA 10:30am: Gentle Yoga-M 11:45am: Chair Yoga - M 4:30pm: Active Yoga - E 6:00pm:Flow/Restore-CG 7:15pm Belly Dancing-S	25 9:15am: Circuit - M 10:30am: Simple Yoga-JH 11:45am:Restorative Yoga-Kim 4:00pm: Warm Yoga - JH 5:30pm: Hot Yoga Flow-E 7:30pm: Hot Yoga "Glutes & Guns"- Tia	26 5:30am - Hot Yoga -KA 9:15am: Hot Yoga - M 10:30am: YIN Yoga-M 4:30pm: BARRE - CD 5:30pm: Mix-It-Up - N NO - 6:45pm:Restorative Yoga - A	HAPPY THANKSGIVING 27 7:00am - Warm Yoga -Mary 8:15am - Hot Yoga - Mary	28 NO 5:30am: Hot Yoga- 9:15am: Active Yoga w/weights -M 10:30am:Gentle Yoga- T 2:00pm: Family Yoga - SM 5:30pm - Circuit - Nikki Black Friday SALE	29 8:00am: Hot Yoga-Erin 9:15am: Gentle Yoga- D 10:30am: Pilates - CD *Small Business Sat.