

Sun

Mon

Tue

Wed

Thur

Fri

Sat

“Connection”
November
www.alllifeisyoga.org
907-229-3384

April - A Kristi - K
 Brandy - B Mary - M
 Caroline - C Sarah - S
 Kimberly-KP Bailey- BD
 Tia -T Kate - KS
 Daniel - D Nikki -N
 Janet - JH Teresa- TK
 Jim - J

1
 5:30am - Hot Yoga - Jim
 8:15am: Hot Yoga - M
 9:30am: Core Yoga - M
 10:15am: YIN Yoga-M
Private Classes

2
 9:15am - Circuit -M
 10:30am: Simple Yoga-JH
 5:30pm: Hot Yoga Flow-C
 6:45pm - Belly Dancing
 wShawn
 8:00pm - Bedtime Yoga -
 April

3
 5:30am: Hot Yoga-Jim
 9:15am: Active Yoga
 w/weights -Mary
 10:30am:Gentle Yoga -M
 4:00pm - Kids Yoga - M
 5:15pm - HIIT - Nikki

4
 8:15am: Hot Yoga BD
 9:30am: Gentle Yoga- D
 10:45am: Slow &
 Controlled with Nikki

DAY LIGHT SAVINGS 5
 9:15am: Pilates - K
 10:30am: Restorative-M
 4:00pm: Tai Chi- Sarah
 6:00pm: Hot Yoga
 Flow-Tia

6
 5:30am: Hot Yoga - JH
 8:30am: Meditation - M
 9:15am: Hot Yoga - M
 10:30am: Gentle
 Yoga-M
 7:45pm:Flow/Restore-J
 H

7
 7:30am - Tai Chi- S
 9:15am: Circuit - B
 10:30am: Simple Yoga-JH
 4:00pm:Gentle Yoga(VA) -
 Jim
 5:30pm: Hot Yoga Flow-C
 7:30pm: Hot Yoga “Glutes
 & Guns”- Tia

8
 5:30am - Hot Yoga - Jim
 8:15am: Hot Yoga - M
 9:30am: Core Yoga - M
 10:15am: YIN Yoga-M
Private Classes

9
 9:15am - Circuit -KS
 10:30am: Simple Yoga-JH
 5:30pm: Hot Yoga Flow-C
 6:45pm - Belly Dancing
 wShawn
 8:00pm - Bedtime Yoga -
 April

10
 5:30am: Hot Yoga-Jim
 9:15am: Active Yoga
 w/weights -KS
 10:30am:Gentle Yoga -TK
 4:00pm - Kids Yoga - KS
 5:15pm - HIIT - Nikki
***7:00pm - Sound Bath
 (60 mins) Chris - \$25 PP**

11
 8:15am: Hot Yoga -KP
 9:30am: Gentle Yoga- D
 10:45am: Slow &
 Controlled with Nikki

12
 9:15am: Pilates - K
 10:30am: Restorative - TK
***10:30am - Yoga at OMR
 Brewery w/Janet \$25 PP**
 4:00pm: Tai Chi- Sarah
 6:00pm: Hot Yoga
 Flow-Tia

13
 5:30am: Hot Yoga - KS
 8:30am: Meditation - JH
 9:15am: Hot Yoga - KS
 10:30am: Gentle
 Yoga-TK
 7:45pm:Flow/Restore-J
 H

14
 7:30am - Tai Chi- S
 9:15am: Circuit - B
 10:30am: Simple Yoga-JH
 4:00pm:Gentle Yoga(VA) -
 Jim
 5:30pm: Hot Yoga Flow-C
 7:30pm: Hot Yoga “Glutes
 & Guns”- Tia

15
 5:30am - Hot Yoga - Jim
 8:15am: Hot Yoga - KS
 9:30am: Core Yoga - KS
 10:15am: YIN Yoga-TK
Private Classes

16
 9:15am - Circuit -KS
 10:30am: Simple Yoga-JH
 5:30pm: Hot Yoga Flow-C
 6:45pm - Belly Dancing
 wShawn
 8:00pm - Bedtime Yoga -
 April

17
 5:30am: Hot Yoga-Jim
 9:15am: Active Yoga
 w/weights -KS
 10:30am:Gentle Yoga -TK
 4:00pm - Kids Yoga - KS
 5:15pm - HIIT - Nikki
***6:30pm - Posture Clinic
 - Caroline - \$25 PP**

18
 8:15am: Hot Yoga -KS
 9:30am: Gentle Yoga- D
 10:45am: Slow &
 Controlled with Nikki

19
 9:15am: Pilates - K
 10:30am: Restorative - TK
***2:00pm - Sound Bath
 (90 mins) Chris - \$35 PP**
 4:00pm: Tai Chi- Sarah
 6:00pm: Hot Yoga
 Flow-Tia

20
 5:30am - Hot Yoga - KS
 8:30am - Meditation - M
 9:15am: Hot Yoga - M
 10:30am: Gentle Yoga-M
 7:45pm:Flow/Restore-JH

21
 7:30am - Tai Chi- S
 9:15am: Circuit - B
 10:30am: Simple Yoga-JH
 4:00pm:Gentle Yoga(VA) -
 Jim
 5:30pm: Hot Yoga Flow-C
 7:30pm: Hot Yoga “Glutes
 & Guns”- Tia

22
 5:30am - Hot Yoga - Jim
 8:15am: Hot Yoga - M
 9:30am: PLANKSGIVING
 Care class - M
 10:15am: YIN Yoga-M
Private Classes

23
HAPPY THANKSGIVING
 7:00am: Warm Gratitude
 Flow - Mary
 9:00am: Hot Flow Before
 you Feast - Caroline
***DONATION CLASSES**

24
***BLACK FRIDAY SALE**
No 5:30AM class
 9:00am: DETOX -Warm
 FLOW-Mary
 10:30am:Gentle Yoga -TK
No Kids Yoga-
 5:15pm - HIIT - Nikki

25
Small Business SALE
+ OPEN HOUSE
9:00am-2:00pm
 8:15am: Hot Yoga -BD
 9:30am: Gentle Yoga- D
 10:45am: Slow &
 Controlled with Nikki

26
 9:15am: Pilates - K
 10:30am: Restorative - LB
 4:00pm: Tai Chi- Sarah
 6:00pm: Hot Yoga
 Flow-Tia

27
 5:30am: Hot Yoga - KS
 8:30am: Meditation - M
 9:15am: Hot Yoga - M
 10:30am: Gentle
 Yoga-M
 7:45pm:Flow/Restore-J
 H

28
 7:30am - Tai Chi- S
 9:15am: Circuit - B
 10:30am: Simple Yoga-JH
 4:00pm:Gentle Yoga(VA) -
 Jim
 5:30pm: Hot Yoga Flow-C
 7:30pm: Hot Yoga “Glutes
 & Guns”- Tia

29
 5:30am - Hot Yoga - Jim
 8:15am: Hot Yoga - M
 9:30am: Core Yoga - M
 10:15am: YIN Yoga-M
Private Classes

30
 9:15am - Circuit -M
 10:30am: Simple Yoga-JH
 5:30pm: Hot Yoga Flow-C
 6:45pm - Belly Dancing
 wShawn
 8:00pm - Bedtime Yoga -
 April

