NOVEMBER

yoga MONTHLY CLASS SCHEDULE

CHOICE HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 **YOGA FLOW | TBD** 12:00-1:00 pm (Y1)
2 **GENTLE YOGA |Kerri** 10:00-10:45 am (Y1) **YOGA FLOW |Katherine** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	**3** **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**4** **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW | Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**5** **YOGA FLOW | Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Leanna** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**6** **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Riley** 12:00-12:45 pm (Y1)	**7** **YOGA FLOW | Riley** 8:00-9:00 am (Y1)	**8** **YOGA FLOW | Riley** 12:00-1:00 pm (Y1)
9 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | Steph** 12:00-12:45 pm (Y1) **YOGA FLOW | TBD** 6:00-7:00 pm (Y1)	**10** **YOGA FLOW | TBD** 6:00-7:00 pm (Y1)	**11** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW |No Class** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**12** **YOGA FLOW | Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	**13** **GENTLE YOGA | Leanna** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 12:00-12:45 pm (Y1)	**14** **YOGA FLOW | TBD** 8:00-9:00 am (Y1)	**15** **YOGA FLOW |Leanna** 12:00-1:00 pm (Y1)
16 **GENTLE YOGA | Leanna** 10:00-10:45 am (Y1) **YOGA FLOW |Katherine** 12:00-12:45 pm (Y1) **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**17** **YOGA FLOW | Tara** 6:00-7:00 pm (Y1)	**18** **GENTLE YOGA | Steph** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 12:00-12:45 pm (Y1) **YOGA FLOW | Riley** 6:00-7:00 pm (Y1)	**19** **YOGA FLOW |Katherine** 6:00-6:45 am (Y1) **Chair Yoga | Roopa** 10:00-10:45 am (Y1) **YOGA FLOW | Steph** 12:00-12:45 pm (Y1) **YOGA FLOW |Kristijana** 6:00-7:00 pm (Y1)	**20** **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW | TBD** 12:00-12:45 pm (Y1)	**21** **YOGA FLOW |Leanna** 8:00-9:00 am (Y1)	**22** **YOGA FLOW |Riley** 12:00-1:00 pm (Y1)
23/30 **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW |TBD/Kather** 12:00-12:45 pm (Y1) **YOGA FLOW |TBD/ Kristijana** 6:00-7:00 pm (Y1)	**24** **YOGA FLOW | TBD** 6:00-7:00 pm (Y1)	**25** **GENTLE YOGA | TBD** 10:00-10:45 am (Y1) **YOGA FLOW |Roopa** 12:00-12:45 pm (Y1) **YOGA FLOW |TBD** 6:00-7:00 pm (Y1)	**26** **HAPPY THANKSGIVING** **CLOSED**	**27** **GENTLE YOGA | Kerri** 10:00-10:45 am (Y1) **YOGA FLOW |Kristijana** 12:00-12:45 pm (Y1)	**28** **YOGA FLOW |Kristijana** 8:00-9:00 am (Y1)	**29** **YOGA FLOW | Tara** 12:00-1:00 pm (Y1)

PLEASE NOTE: *Instructor schedules are posted at the beginning of the month and are subject to change.*