



YOGA in COMMON

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				5:30-6:30 AM Vinyasa FLOW Amanda M.		
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Vinyasa FLOW Sherry	9:30-10:30 am Basic HATHA Amanda M	9:30-10:30 am Vinyasa FLOW Ben Sota	9:30-10:30 am GENTLE Sherry	9:30-10:45 am NEXT LEVEL Flow Yoga Ashlee Landreth	9:30-10:45 am Vinyasa FLOW Sherry Peckham
11:00-12:00 Vinyasa FLOW Ben or Stevie	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 RESTORATIVE Joanne Dagato	11:00-12:00 BASIC Hatha Ben Sota	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 BASIC Hatha BABY & MAMA 11:00-12:00	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
12:15-1:15 RESTORATIVE Ben or Stevie	12:30-1:30 Vinyasa FLOW Danielle S	12:00-1:15 Vinyasa FLOW Amanda M.	12:30-1:30 YoGod Vinyasa FLOW Ashlee Landreth	12:00-1:15 Vinyasa FLOW Javier Lopez 12:15-1:15 RESTORATIVE Claire Liddle	12:30- 1:30 Vinyasa FLOW Javier Lopez	
2:30-3:30 pm NEW to YOGA (GENTLE Style) Stevie Goggans	3:30-4:15 pm Qi Gong Jimmy Revell	2:30-3:45 pm Forrest Yoga Jo Ducey	2:30-3:30 pm GENTLE Yoga Stevie Goggans		2:30-4:00 pm Cycles of Life: a class for Women (includes yoga) Jessica Durivage	1:30-2:15 pm Meditation Class \$5 or yoga pass 2:30-3:30 pm COMMUNITY CLASS GENTLE Yoga, \$5 Sue Or Molly
4:30-5:30 pm Vinyasa FLOW Nita Nichols 5:35-6:00 pm Meditation <small>\$5 or yoga pass Scott Pomicter</small>	4:30-5:30 pm GENTLE Sue Pearly 4:30-5:30 pm KIDS Yoga	4:30-5:30 pm Stretch & RECHARGE Sherry	4:30-5:30 pm YIN Yoga Danielle Switzer	4:30-5:30 pm EASE-ful Yoga Joanne Dagato	4:30-5:30 pm RESTORATIVE Sue Pearly 4:30-5:30 pm HOT Flow Yoga Jo Ducey	4:30-5:30 pm HOT Vinyasa Flow Danielle Guido
6:00-7:00 pm YIN yoga Nita Nichols	5:45-6:45 pm POWER Yoga Danielle S		5:45-7:00 pm Vinyasa FLOW Danielle Guido		5:45-6:45 All Levels Stott Pilates/Mat Rosemary	5:00-6:30 pm Qoya Dance for Women Jessica Durivage
	6:15-7:15 pm Stretch & RECHARGE Danielle Guido	6:15-7:15 pm Forrest Yoga Vinyasa FLOW Jo Ducey	6:15-7:15 pm NEW to YOGA (Vinyasa Style) Amanda M	6:15-7:15 pm HOT Vinyasa FLOW Maura Utley	6:15-7:15 pm COMMUNITY Vinyasa Flow, \$5 Jessica Durivage Or Molly	FAMILY YOGA FRIDAY, NOV 30, 7:00-8:00 pm \$10/family. All ages. No prior yoga experience necessary.
	7:30-8:30 pm Stretch & STRENGTHEN Danielle Guido	7:30-8:30 pm YIN/Nidra yoga for all levels Jessica D	7:30-8:30 pm Stretch & STRENGTHEN Sherry Peckham	7:30-8:30 pm YIN/Flow for all levels Maura Utley		LATE NIGHT YOGA All-level Vinyasa Flow SATURDAY, NOV 24 8:30-9:30 pm \$5, for Everyone. Enjoy the fun!