



YOGA in COMMON Studio & Online Classes

NOVEMBER, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15 pm Yoga Sculpt Maura Utley		6:00-7:00 am Vinyasa FLOW Haileigh Fickes				8:00-9:15 am Ashtanga-FLOW Laura O'Keefe
9:30-10:30 am Vinyasa FLOW Taylyn Reine	9:30-10:30 am Vinyasa FLOW Stevie Goggans	9:30-10:30 am BASIC Hatha Sherry P	9:30-10:30 am Vinyasa FLOW Taylyn Reine	9:30-10:30 am Gentle YIN Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham	9:30-10:30 am BASIC Hatha Sherry Peckham
	10:30-11:30 Gentle YIN Joanne Dagato				10:30-11:30 BASIC Hatha Kathy Hirschfeld	
11:00-12:00 Slow FLOW Ben Sota	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 Forrest FLOW Yoga Jo Ducey	11:00-12:00 Yoga For The Inflexible Kathy Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Yoga Sherry Peckham	11:00-12:00 Vinyasa FLOW Sue O'Brien
1:30-2:30 pm GENTLE Yoga Haileigh OR Carolyn Bassett	1:00-2:00 pm Tai Chi Yoga Pass or \$7 Bill Tierney	12:30-1:30 pm Vinyasa FLOW Alex Christie	12:30-1:30 pm Vinyasa FLOW Janeen Anderson	12:30-1:30 pm Vinyasa FLOW Taylyn Reine	12:30-1:30 pm RESTORATIVE Yoga/Joanne D 1:30-2:30 Reiki Sessions Please call for appt	12:30-1:30 pm FLOW + YIN Alex Christie 2:15-3:00 pm Mindfulness Meditation , free Joe DiSabatino
3:00-4:00 pm RESTORATIVE Yoga Sue Pearly	4:30-5:30 pm GENTLE Yoga Sue Pearly	4:30-5:30 pm Vinyasa FLOW Irene Adams	4:30-5:45 pm YIN Yoga Carolyn Bassett	4:30-5:30 pm GENTLE Yoga Janeen A	4:30-5:30 pm Vinyasa FLOW Alex Christie	3:00-4:00 pm GENTLE Yoga Irene Adams
4:10-4:50 pm Mindfulness Meditation, free Todd Scholl	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:00 pm YIN Yoga Carolyn B	6:00-6:45 pm Pranayama + Meditation by donation Stevie Goggans	6:00-7:00 pm Vinyasa FLOW Danielle OR Janeen	5:30-6:30 pm Belly Dance (for all levels), yoga pass or \$10 Christine Bonaparte	
Sunday Meltdown (Restorative) w/Lindsay W NOV 14, 4-5:30 \$25		7:30-8:30 pm GENTLE Yoga Whitney D	7:00-8:00 pm Vinyasa FLOW Sue O'Brien	7:30-8:30 pm Stretch and RESTORE Janeen Anderson		7:30-8:30 pm Candlelight Restorative Yoga NOV 27, \$10 Carolyn Bassett

BLACK: Studio ONLY **RED:** Studio & ZOOM **BLUE:** ZOOM Only.

*Please pre-register for every class: On the free YogainCommon App in your App store, or On our Website, or Call us!