

October Event Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 4:30-6:00pm Heated Amp Your Asana & Restorative – Jenn - \$25	3	4
5	6	7	8	9 4:30-6 Hip Hop Flow & R&B Yin – Carolyn--\$25	10 9:00am RIPPED w/ Laurie & Renee \$20 60 min 2:30-4:00 “Just Breathe” – Jenn -- \$40	11
12	13	14	15	16 4:30-6 Sizzling Strength & Warm Yoga Nidra – Carolyn -- \$25	17 1:30-3:00pm Restorative Yoga 4 Anxiety – Marcia -- \$35	18
19	20	21	22	23 4:30-6:00 Barre & Recovery Flow – Carolyn – \$25	24 1-3PM #METOO: A Healing Yoga Workshop for Sexual Assault Survivors w/ Mimi. \$40	25
26	27	28	29	30 4:30-6:00 Hot Fusion & Heated Deep Stretch – Jenn--\$25 7:00-8:30pm “Just Breathe” w/ Jenn -- \$40	31	Notes: