



November 2023: Inner Heat, Outer Balance

Please keep an eye on your weekly emails for any changes to live class times.

MON	TUE	WED	THU	FRI	SAT	SUN
		1 LIVE Class 10:00 am - 11:00 am Shoulder & Core Mobility Support 10:00 am	2 LIVE Class 10:00 am - 11:00 am Strength Class 10:00 am	3 LIVE Class 10:00 am - 11:00 am Back Balance Flow 10:00 am	4 Down & Up L&B 10:00 am	5 Turn Up the Heat 10:00 am
6 LIVE Class 10:00 am - 11:00 am Focused Class 10:00 am	7 LIVE Class 10:00 am - 11:00 am Reset for Heat 10:00 am	8 LIVE Class 10:00 am - 11:00 am Shoulder & Core Mobility Support 10:00 am	9 LIVE Class 10:00 am - 11:00 am Strength Class 10:00 am	10 LIVE Class 10:00 am - 11:00 am Standing Joint Flow 10:00 am	11 Tone with Resistance Bands 10:00 am	12 Slow Stretch 10:00 am
13 LIVE Class 10:00 am - 11:00 am Focused Class 10:00 am	14 LIVE Class 10:00 am - 11:00 am Hot Yoga 10:00 am	15 LIVE Class 10:00 am - 11:00 am Shoulder & Core Mobility Support 10:00 am	16 LIVE Class 10:00 am - 11:00 am Strength Class 10:00 am	17 LIVE Class 10:00 am - 11:00 am Core Flow 10:00 am	18 LIVE Class 10:00 am - 11:00 am Core & Posture Cardio/Lift 10:00 am	19 Turn Up the Heat 10:00 am
20 LIVE Class 10:00 am - 11:00 am Focused Class 10:00 am	21 LIVE Class 10:00 am - 11:00 am Shoulder Extension Flow 10:00 am	22 LIVE Class 10:00 am - 11:00 am Shoulder & Core Mobility Support 10:00 am	23 LIVE Class 10:00 am - 11:00 am Strength Class 10:00 am	24 LIVE Class 10:00 am - 11:00 am Core Circuit Flow 10:00 am	25 Ballet Balance 1 10:00 am	26 Slow Stretch 10:00 am
27 LIVE Class 10:00 am - 11:00 am Focused Class 10:00 am	28 LIVE Class 10:00 am - 11:00 am Fire of the Heard Flow 10:00 am	29 LIVE Class 10:00 am - 11:00 am Shoulder & Core Mobility Support 10:00 am	30 LIVE Class 10:00 am - 11:00 am Strength Class 10:00 am			