



Inspire Yoga Studio Schedule

NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1 7:00-8:00pm All Levels Flow w/ Laura	2 6:30-7:30pm Yoga Fundamentals w/ Riley	3 12:00-12:45pm @ Zoom Easy Yoga w/ Emily 6:30-7:30pm Aerial Float w/ Emily	4 12:00-12:45pm @ Zoom Chair Yoga w/ Catherine	5	6 9:30-10:30am All Levels Yoga w/ Riley
7	8 7:00-8:00pm All Levels Flow w/ Laura	9 6:30-7:30pm Yoga Fundamentals w/ Riley	10 12:00-12:45pm @ Zoom Chair Yoga w/ Emily	11	12	13
14	15 7:00-8:00pm All Levels Flow w/ Emily	16 6:30-7:30pm Yoga Fundamentals w/ Riley	17 12:00-12:45pm Chair Yoga w/ Emily 1:15-2:00pm Breathwork & Meditation w/ Emily 6:30-7:30pm @ MINNEDOSA Beginner Yoga w/ Emily	18 12:00-12:45pm Yoga For Recovery w/ Emily 1:15-2:00pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily	19	20 9:30-11:00am All Levels Yoga w/ Emily 12:00-1:00pm Aerial Yoga w/ Emily 1:30-2:30pm Restorative Yoga w/ Emily
21	22 7:00-8:00pm All Levels Flow w/ Laura	23 6:30-7:30pm Aerial Float w/ Emily	24 12:00-12:45pm Chair Yoga w/ Emily 1:15-2:00pm Breathwork & Meditation w/ Emily 6:30-7:30pm @ MINNEDOSA Beginner Yoga w/ Emily	25 12:00-12:45pm Yoga For Recovery w/ Emily 1:15-2:00pm Chair Yoga w/ Emily 6:30-7:30pm Aerial Yoga w/ Emily	26	27 9:30-11:00am All Levels Yoga w/ Emily 12:00-1:00pm Aerial Yoga w/ Emily 1:30-2:30pm Restorative Yoga w/ Emily
28 2-Day Chakra Workshop Day 1: 6:30-9:00pm @ Zoom Introduction to the Chakras w/ Emily	29 2-Day Chakra Workshop Day 2: 6:30-9:00pm @ Studio Chakra Exploration w/ Emily	30 6:30-7:30pm Yoga Fundamentals w/ Riley				