

INSPIRE YOGA STUDIO SCHEDULE

NOVEMBER 2022

SUN

MON

TUE

WED

THU

FRI

SAT

		<p>1</p> <p>12:05 12:50pm Restorative Yoga w/ Heather</p> <p>1:15-2:00pm Chair Yoga w/ Heather</p> <p>6:00-7:00pm All Levels Flow w/ Brooke</p>	<p>2</p> <p>12:05 12:50pm Yoga Sculpt w/ Sue</p> <p>6:00-7:00pm Hatha Yoga w/ Alex</p>	<p>3</p> <p>8:00-9:00pm Candlelight Yin w/ Leah</p>	<p>4</p>	<p>5</p> <p>9:30-10:30am All Levels Flow w/ Alex</p> <p>11:00-12:00pm Restorative Yoga w/ Alex</p> <p>2:00-3:00pm Puppy Yoga w/ Brooke</p>
<p>6</p>	<p>7</p> <p>7:00-8:00pm All Levels Flow w/ Leah</p>	<p>8</p> <p>1:15-2:00pm Chair Yoga w/ Sue</p> <p>6:00-7:00pm All Levels Flow w/ Brooke</p>	<p>9</p> <p>12:05 12:50pm Yoga Sculpt w/ Sue</p> <p>6:00-7:00pm Hatha Yoga w/ Alex</p>	<p>10</p> <p>8:00-9:00pm Candlelight Yin w/ Leah</p>	<p>11</p>	<p>12</p> <p>9:30-10:30am All Levels Flow w/ Alex</p> <p>11:00-12:00pm Restorative Yoga w/ Alex</p>
<p>13</p>	<p>14</p> <p>7:00-8:00pm All Levels Flow w/ Laura</p>	<p>15</p> <p>12:05 12:50pm Restorative Yoga w/ Heather</p> <p>1:15-2:00pm Chair Yoga w/ Heather</p> <p>6:00-7:00pm All Levels Flow w/ Brooke</p>	<p>16</p> <p>12:05 12:50pm Yoga Sculpt w/ Sue</p> <p>6:00-7:00pm Hatha Yoga w/ Alex</p>	<p>17</p> <p>8:00-9:00pm Candlelight Yin w/ Leah</p>	<p>18</p>	<p>19</p> <p>9:30-10:30am All Levels Flow w/ Leah</p> <p>11:00-12:00pm Restorative Yoga w/ Leah</p>
<p>20</p> <p>10:00-11:00am Calm Foundations w/ Heather</p> <p>11:30-12:30pm Restorative Yoga w/ Heather</p>	<p>21</p> <p>7:00-8:00pm All Levels Flow w/ Leah</p>	<p>22</p> <p>12:05 12:50pm Restorative Yoga w/ Heather</p> <p>1:15-2:00pm Chair Yoga w/ Heather</p> <p>6:00-7:00pm All Levels Flow w/ Laura</p>	<p>23</p> <p>12:05 12:50pm Yoga Sculpt w/ Sue</p> <p>6:00-7:00pm Hatha Yoga w/ Alex</p>	<p>24</p> <p>8:00-9:00pm Candlelight Yin w/ Leah</p>	<p>25</p>	<p>26</p> <p>9:30-10:30am All Levels Flow w/ Leah</p> <p>11:00-12:00pm Restorative Yoga w/ Leah</p>
<p>27</p> <p>10:00-11:00am Calm Foundations w/ Heather</p> <p>11:30-12:30pm Restorative Yoga w/ Heather</p>	<p>28</p> <p>7:00-8:00pm All Levels Flow w/ Laura</p>	<p>29</p> <p>12:05 12:50pm Restorative Yoga w/ Heather</p> <p>1:15-2:00pm Chair Yoga w/ Sue</p> <p>6:00-7:00pm All Levels Flow w/ Brooke</p>	<p>30</p> <p>12:05 12:50pm Yoga Sculpt w/ Sue</p> <p>6:00-7:00pm Hatha Yoga w/ Alex</p>			

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