November YOGA & FITNESS CLASS schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
08:15	Fitness + Yoga Fusion		Vinyasa Flow Yoga			SMALL BUSINESS SATURDAY	
08:30							
08:45							
09:00		Peaceful Warrior Flow Yoga		Hatha Flow Yoga 11/26 Flowing w/ Gratitude Yoga			
09:15							
09:30	Hatha Slow Flow Yoga		Tranquil Flow + Restore Yoga		Gentle Flow Yoga	Vinyasa Flow Yoga (11/14 No Class)	
09:45							
10:00							
10:15							
10:30						Nov 14, 10-11a Yoga in the Park Queens Square Veterans Gratitude Week	
10:45							
12:15				Lunchtime Yoga Flow (11/26 No Class)			
12:30							
12:45						Nov 28, 11a-12p Salts, Scents & Self-Care Workshop	Simply Yoga 1:30 -2:20pm (11/8 No Class)
1:00							
4:00					Nov 6th 5:00 - 6:30pm First Friday Open House		Community Flow + Restore Yoga
4:15							
4:30							
4:45							
5:00							
5:15	Barre + Stretch			HIIT Circuit (11/26 No Class)			
5:30		Hot Yoga	Yin Yoga				
5:45							
6:00				Nov 19, 6:30-8:30p Autumnal Rest Yoga Nidra + Sound/Tuning/			
6:15							
6:30							



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