



N O V E M B E R 2 0 2 5

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

I bring more and more gratitude into my life with each breath I take.

2

8:30am Strength & Mobility Flow- Selena
10:00am You Are The Creator- Danielle
12:00pm Svaroopa®Yoga- Sarita
2:00pm "Let Them" Discussion Group- Diane

9

8:30am Strength & Mobility Flow- Selena
12:00pm Svaroopa®Yoga- Sarita
2:00pm "Let Them" Discussion Group- Diane
4:00pm Living Hope- Nadine

16

8:30am Strength & Mobility Flow- Selena
10:00am You Are The Creator- Danielle
12:00pm Svaroopa®Yoga- Sarita
2:00pm "Let Them" Discussion Group- Diane
4:00pm Living Hope- Nadine

23

8:30am Strength & Mobility Flow- Selena
12:00pm Svaroopa®Yoga- Sarita
2:00pm "Let Them" Discussion Group- Diane
4:00pm Living Hope- Nadine

3

9:00am Basic Yoga -Sarita
10:30am Mindful Flow -Lisa
5:30pm Deep Release - Lisa
6:45pm Women's Empowerment Group - Diane

10

9:00am Basic Yoga-Sarita
10:30am Mindful Flow -Lisa
11:45am Presence Practice-Nadine
5:30pm Deep Release - Lisa
6:45pm Women's Empowerment Group - Diane

17

9:00am Basic Yoga -Sarita
10:30am Mindful Flow -Lisa
11:45am Presence Practice-Nadine
5:30pm Deep Release-Lisa
6:45pm Women's Empowerment Group - Diane

24

9:00am Basic Yoga -Sarita
10:30am Mindful Flow -Lisa
11:45am Presence Practice-Nadine
5:30pm Deep Release-Lisa
6:45pm Women's Empowerment Group - Diane

4

5:30pm Healing Pathways- Brenda
7:00pm Moving into Meditation -Ash

11

5:30pm Healing Pathways- Brenda
7:00pm Moving into Meditation -Ash

18

5:30pm Healing Pathways- Brenda
7:00pm Moving into Meditation -Ash

25

7:00pm Moving into Meditation -Ash

5

9:30am Svaroopa®Yoga- Sarita
11:30am Self Care 101- Freya
5:30pm Mindful Flow Lisa
6:45pm Self Care 101- Freya

12

9:30am Svaroopa®Yoga- Sarita
11:30am Self Care 101- Freya
5:30pm Mindful Flow Lisa
6:45pm Self Care 101- Freya

19

9:30am Svaroopa®Yoga- Sarita
5:30pm Mindful Flow- Lisa

26

6

4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon
7:00pm Moving into Meditation -Ash
8:15pm Music That Moves Us -Ash

13

4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon
7:00pm Moving into Meditation -Ash
8:15pm Music That Moves Us -Ash

20

4:00pm Svaroopa®Yoga- Sarita
6:00pm Pound Fitness- Sharon
7:00pm Moving into Meditation -Ash
8:15pm Music That Moves Us -Ash

27

7

8:00am -Elemental Yoga- Michele
9:30am -Qigong Lisa
10:30am Presence Practice- Nadine

14

8:00am -Elemental Yoga- Michele
9:30am -Qigong- Lisa
10:30am Presence Practice- Nadine
6:00pm Sound Bath-Michael & Sarita

21

8:00am -Elemental Yoga- Michele
9:30am -Qigong- Lisa
10:30am Presence Practice- Nadine

28

HAPPY
thanksgiving

1

8:30am Pound Fitness- Sharon
10:00am Strength & Mobility Flow- Selena

8

8:30am Pound Fitness- Sharon
10:00am Strength & Mobility Flow- Selena

15

8:30am Pound Fitness- Sharon
10:00am Strength & Mobility Flow- Selena
1-4pm You Are The Magic- Danielle & Lisa

22

8:30am Pound Fitness- Sharon
10:00am Strength & Mobility Flow- Selena

29

8:30am Pound Fitness- Sharon
10:00am Strength & Mobility Flow- Selena

30

8:30am Strength & Mobility Flow- Selena
12:00pm Svaroopa®Yoga- Sarita
2:00pm "Let Them" Discussion Group- Diane
4:00pm Living Hope- Nadine