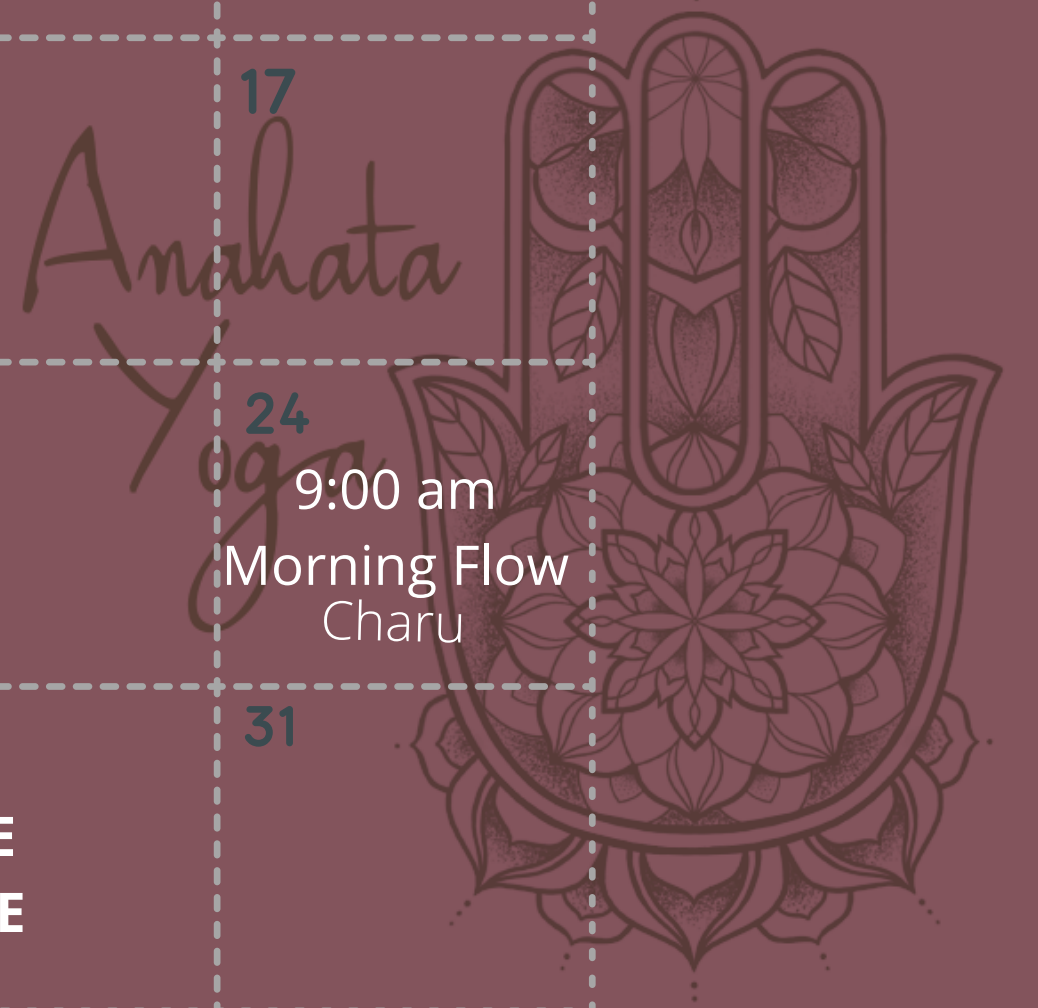


ONLINE

DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 7:00 pm MindFULL Cindi	6	7 8:00 pm Hips & Shoulders Becca	8	9	10
11	12 7:00 pm MindFULL Sarah	13	14 8:00 pm Just Yin Charu	15	16	17
18	19 7:00 pm MindFULL Sarah	20	21 8:00 pm Hips & Shoulders Cindi	22	23	24 9:00 am Morning Flow Charu
25	26	27	28	29	30	31
CLOSED HAPPY HOLIDAYS PLEASE ENJOY THE ONLINE DIRECTORY OF RECORDED CLASSES DURING THIS TIME						



For the month of Dec your ONLINE membership is FREE as part of our Pay it Forward Initiative!

Thank you to our sponsor Kempenfelt Windows & Doors

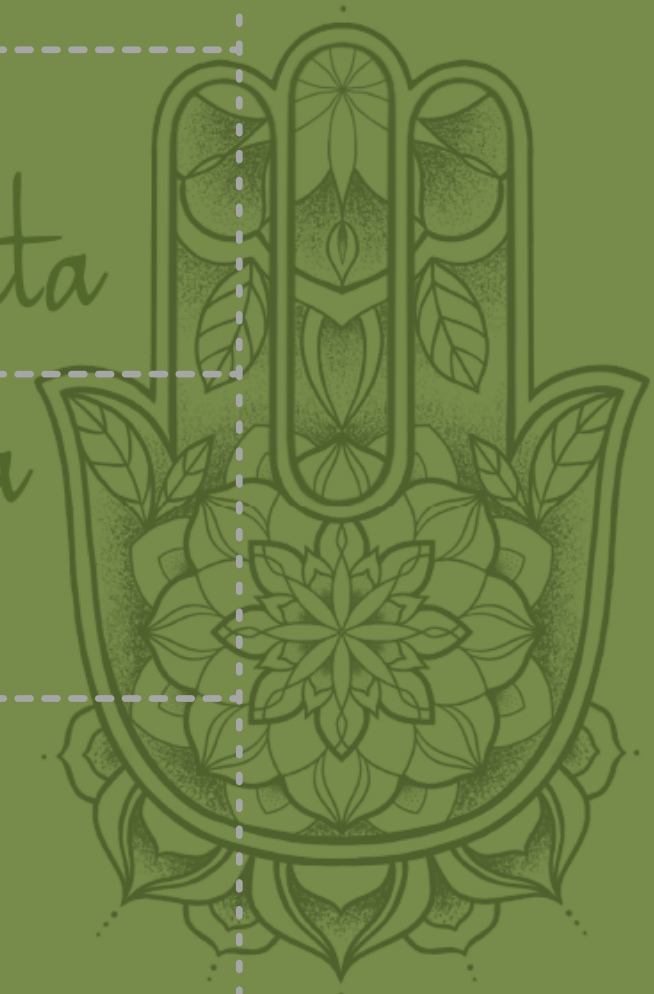
STUDIO

DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 5:30 pm Yoga from the Heart Variety class Becca	3
4 7:00 pm Calm Cindi	5	6	7 10:45 am Self Love Hatha/Gentle Cindi	8	9 5:30 pm Yoga from the Heart Variety class Becca	10
11 7:00 pm Calm Cindi	12	13	14 10:45 am Self Love Hatha/Gentle Sarah	15	16 5:30 pm Yoga from the Heart Variety class Becca	17
18 7:00 pm Calm Cindi	19	20	21 10:45 am Self Love Hatha/Gentle Sarah	22	23	24
25	26	27	28	29	30	31

CLOSED HAPPY HOLIDAYS.

Looking forward to seeing you in January! Sign Up [here](#)



Single Class Sign ups available.
[Book Here](#)