

Please note schedule on November dates listed below.

Nov 16: one class on Saturday of Holiday Parade

- 9am HIIT Yoga Fusion
 - CANCELED 10:30am Sampler due to parade downtown

Nov 27: three classes on Wednesday before Thanksgiving

- 10am Gentle Yoga
- 5:30pm Restorative Unwindings
- 5:45pm Heated Vinayasa
 - All other evening classes CANCELED

Nov 28: Thursday CLOSED for Thanksgiving

Nov 29: Friday regular class schedule

Nov 30: one class, one workshop on Small Business Saturday

- 9am HIIT Yoga Fusion
- 10:30am-12:30pm Rest & Digest Workshop with Cynthia Hoss
 - CANCELED 10:30am Sampler due to special workshop listed above