OFF SEASON SCHEDULE

Classes will be pop-up style.

Please see the following calendar for dates and times for pop up classes.

Spa & Fitness Facility hours will be 8:00AM-6:00PM

ALL classes will be held in the YOGA STUDIO. Please arrive to class 5 minutes early in order to secure your spot and gather your gear. Don't forget a full water bottle!

Winter season schedule will begin Sunday, November 29th. Please stay tuned for that schedule.

Monday, October 26th to Saturday, November 28th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	**26** 8:15-9:30 MINDFUL MOVEMENT Kelsey	**27** 8:15-9:30 MINDFUL MOVEMENT Kelsey 11:45-12:45 FITNESS FUN Casey	**28** 9:15-10:15 YOGA FLOW Valerie 10:30-11:30 HOUR OF POWER Casey	**29** 9:15-10:15 YOGA FLOW Valerie 1:30-2:30 YIN YOGA Sage	**30** 8:15-9:15 KAUIT Eliza 9:30-10:30 SLOW FLOW Eliza	**31**
1	**2** 8:15-9:30 MINDFUL MOVEMENT Kelsey	**3** 8:15-9:30 MINDFUL MOVEMENT Kelsey 11:45-12:45 FITNESS FUN Casey	**4** 9:15-10:15 YOGA FLOW Valerie 10:30-11:30 HOUR OF POWER Casey	**5** 9:15-10:15 YOGA FLOW Valerie 1:30-2:30 YIN YOGA Sage	**6** 8:15-9:15 KAUIT Eliza 9:30-10:30 SLOW FLOW Eliza	**7**
8	**9** 8:15-9:30 MINDFUL MOVEMENT Kelsey 1:30-2:30 YIN YOGA Sage	**10** 8:15-9:30 MINDFUL MOVEMENT Kelsey 11:45-12:45 FITNESS FUN Casey	**11** 9:15-10:15 YOGA FLOW Valerie 10:30-11:30 HOUR OF POWER Casey	**12** 9:15-10:15 YOGA FLOW Valerie 10:30AM-11:45AM FITNESS FUSION Heather	**13** 8:15-9:15 KAUIT Eliza 9:30-10:30 SLOW FLOW Eliza	**14**
15	**16** 8:15-9:30 MINDFUL MOVEMENT Kelsey 10:30-11:30 FLOW FOR BONE DENSITY Heather	**17** 8:15-9:30 MINDFUL MOVEMENT Kelsey 11:45-12:45 FITNESS FUN Casey	**18** 9:15-10:15 YOGA FLOW Valerie 10:30-11:30 HOUR OF POWER Casey	**19** 9:15-10:15 YOGA FLOW Valerie 10:30AM-11:45AM FITNESS FUSION Heather	**20** 8:15-9:15 KAUIT Eliza 9:30-10:30 SLOW FLOW Eliza	**21**
22	**23** 8:15-9:30 MINDFUL MOVEMENT Kelsey 10:30-11:30 FLOW FOR BONE DENSITY Heather	**24** 8:15-9:30 MINDFUL MOVEMENT Kelsey 11:45-12:45 FITNESS FUN Casey	**25** 9:15-10:15 YOGA FLOW Valerie 10:30-11:30 HOUR OF POWER Casey	**26** 9:15-10:15 GRACE & GRATITUDE RESTORATIVE YOGA Heather 10:30AM-11:45AM GRATITUDE & GRIT FITNESS FUSION Heather	**27** 9:15-10:15 GRACE & GRATITUDE RESTORATIVE YOGA Heather 10:30AM-11:45AM GRATITUDE & GRIT FITNESS FUSION Heather	**28**