



# NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1 6PM New Moon in Scorpio</b>	<b>2 10AM Namaste Yoga</b>
<b>3</b> 9:30AM YIN Yoga	<b>4</b> 10AM Hearts & Hips 6PM KIDS YOGA <b>6PM Vinyasa</b> 7PM Restorative	<b>5</b> 9AM Hatha Yoga 5:30PM HOT YOGA	<b>6</b> 6PM Restorative <b>6PM Stanzas of Strength</b> 7PM Yoga 101	<b>7</b> 9AM Hatha Yoga 6PM Slow Flow 6PM Cosmic Shaman 7PM YIN YOGA	<b>8</b> <b>CLOSED</b>	<b>9</b> 10AM Namaste Yoga
<b>10</b> 9:30AM YIN Yoga	<b>11</b> 10AM Hearts & Hips 6PM KIDS YOGA 6PM Vinyasa <b>7PM 11/11 Portal Meditation</b>	<b>12</b> 9AM Hatha Yoga 5:30PM HOT YOGA	<b>13</b> 6PM Restorative <b>6PM Stanzas of Strength</b> 7PM Yoga 101	<b>14</b> 9AM Hatha Yoga 6PM Slow Flow 6PM Cosmic Shaman 7PM YIN YOGA	<b>15 6PM Full Moon in Taurus</b>	<b>16</b> 10AM Namaste Yoga
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