

November 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
First class free Use code: FIRSTFREE		 = special event				1 8am - Strength for Life with Weights 9:00 - Functional Mobility
2 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	3 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	4 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Zumba! 6:15 - Barre	5 6pm - Full Moon Event with Drumming Circle	6 12pm - Chair Yoga 4:15 - Balanced Body 5:15 - The Hive Book Club 6:15 - Candlelit Yoga	7 9:30am - Mindful movement w/Reiki	8 8am - Strength for Life with Weights 9:00 - Functional Mobility
9 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	10 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Foundational Flow	11 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Zumba! 6:15 - Barre 7:15 - Somatic Yoga	12 5:15 - Strength for Life w/weights 6:15 - All Levels Flow	13 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - Balanced Body 6:15 - Yoga Nidra - for Blissful Sleep	14 9:30am - Mindful movement w/Reiki	15 8am - Strength for Life with Weights 9:00 - Functional Mobility
16 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative w/Reiki and Massage Event	17 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Yoga for Trauma	18 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Zumba! 6:15 - Barre	19 5:15 - Strength for Life w/weights 6:15 - All Levels Flow	20 9:30 - Qigong Infused Yoga 12pm - Chair Yoga 5:15 - The Hive Book Club 6:15 - Candlelit Yoga	21 9:30am - Mindful movement w/Reiki 6:00-7:30 - Craft Night with Katherine Tolve	22 8am - Strength for Life with Weights 9:00 - Functional Mobility
23 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga	24 5pm - Buti Yoga 6:15 - Mat Pilates 7:15 - Foundational Flow	25 6:30am - Morning Dance Party Wake up 12pm - Chair 5:15 - Balanced Body 6:15 - Somatic Yoga	26 5:15 - Strength for Life w/weights 6:15 - All Levels Flow	27 Closed	28 8am - Post Turkey Day Fitness Mix Up	29 9:30 - Qigong Infused Yoga
30 9am - Balanced Body 10am - Pelvic Floor 7pm - Restorative Yoga						