

Let us know you are coming! Please text/call the instructor to register for classes.
 Registering the day before class is greatly appreciated.

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	1	2
3	4	5 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	6 AHA Healthy Heart Yoga Kelly 251-753-1937	7 Yoga + Meditation 9:30 - 10:20 Kelly 251-753-1937	8	9
10	11	12 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	13 AHA Healthy Heart Yoga Kelly 251-753-1937	14 Yoga + Meditation 9:30 - 10:20 Kelly 251-753-1937	15	16
17	18	19 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	20 AHA Healthy Heart Yoga Kelly 251-753-1937	21 Yoga + Meditation 9:30 - 10:20 Kelly 251-753-1937	22	23
24	25	26 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	27 No AM class, Instructor OOT	28 Happy Thanksgiving!	29	30