

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

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	4 Healthy Heart Yoga Kelly 251-753-1937	5 Brain Boost Yoga 9:30 - 10:20 Kelly 251-753-1937	6	7
8	9	10 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	11 Healthy Heart Yoga Kelly 251-753-1937	12 Brain Boost Yoga 9:30 - 10:20 Kelly 251-753-1937	13	14
15	16	17 Inner Calm Yoga 9:30 - 10:20 Kelly 251-753-1937 AHA PM Yoga 5:45 - 6:35 PM Ginny 251-623-4510	18	19	20	21
22 AHA Winter Break Happy Holidays!	23 AHA Winter Break Happy Holidays!	24 AHA Winter Break Happy Holidays!	25 AHA Winter Break Happy Holidays!	26 AHA Winter Break Happy Holidays!	27 AHA Winter Break Happy Holidays!	28 AHA Winter Break Happy Holidays!
29 AHA Winter Break Happy Holidays!	30 AHA Winter Break Happy Holidays!	31 AHA Winter Break Happy Holidays!	1 AHA Winter Break Happy Holidays!	2 AHA Winter Break Happy Holidays!	3 AHA Winter Break Happy Holidays!	4 AHA Winter Break Happy Holidays!