

YOGA @ 310 Wellness

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Power (Britt) 9:00 – 10:00 AM Roll & Release (Heather) 10:15 – 11:15 AM
2 Meditation 9:00-9:30 Kirtan (Shell&Anton) 1:00 – 3:00 PM Stretch & Restore (Ness)7:30-8:45 PM	3 Relax & Renew (Heather)7:30–9:00 PM	4 Meditation&Movement (Heather) 9:30–10:45 AM Empowered Core (Ness)5:00-6:00 PM	5 Flow (Britt) 7:00 – 8:00 PM	6 Restorative Yin (Heather)7:30 – 9:00 PM	7	8 Power (Britt) 9:00 – 10:00 AM Roll & Release (Heather) 10:15 – 11:15 AM
9 Meditation 9:00-9:30AM Stretch & Restore (Ness)7:30-8:45 PM	10 Relax & Renew (Heather)7:30–9:00 PM	11 Empowered Core (Heather)5:00-6:00 PM	12 Rooted Soul Sessions (Ness) 7:00 – 8:15 PM	13 Rise & Shine (Heather) 9:30-10:45 AM Restorative Yin (Heather)7:30 – 9:00 PM	14	15 Power (Britt) 9:00 – 10:00 AM Roll & Release (Heather) 10:15 – 11:15 AM
16 Meditation 9:00-9:30AM Stretch & Restore (Ness)7:30-8:45 PM	17 Relax & Renew (Heather)7:30–9:00 PM	18 Meditation&Movement (Heather) 9:30–10:45 AM Empowered Core (Ness)5:00-6:00 PM	19 Osho Active Meditation(Angela) 7:00 – 9:00 PM	20 Restorative Yin (Heather)7:30 – 9:00 PM	21 Yin & Sound Event 7:00 – 9:00 PM	22 Power (Britt) 9:00 – 10:00 AM Roll & Release (Heather) 10:15 – 11:15 AM
23 Meditation 9:00-9:30AM Stretch & Restore (Ness)7:30-8:45 PM	24 Relax & Renew (Heather)7:30–9:00 PM	25 Meditation&Movement (Heather) 9:30–10:45 AM Empowered Core (Heather)5:00-6:00 PM	26 Rooted Soul Sessions (Ness) 7:00 – 8:15 PM	27 Restorative Yin (Heather)7:30 – 9:00 PM	28	29 Power (Britt) 9:00 – 10:00 Roll & Release 10:15 – 11:15 AM Zumba with Erika Riley 7:00 – 8:00 PM
30 Stretch & Restore (Ness)7:30-8:45 PM						

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December

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Relax & Renew (Heather) 7:30–9:00 PM	2 Meditation&Movement (Heather) 9:30–10:45 AM Empowered Core (Heather) 5:00–6:00 PM	3 Flow (Britt) 7:00 – 8:00 PM	4 Restorative Yin (Heather) 7:30 – 9:00 PM	5	6 Power (Britt) 9:00 – 10:00 AM
7 Stretch & Restore 7:00 – 8:00 PM	8 Relax & Renew (Ness) 7:30–9:00 PM	9 Empowered Core 5:00–6:00 PM	10	11 Restorative Yin (Ness) 7:30 – 9:00 PM	12	13 Power (Britt) 9:00 – 10:00 AM
14	15 Relax & Renew 7:30–9:00 PM	16	17 Osho Active Meditation(Angela) 7:00 – 9:00 PM	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Yoga with Heather

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www.heathermcdermidyoga.com

