

YOGA @ 310 WELLNESS SCHEDULE

NOVEMBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9 <u>9:30 - 10:30 AM</u> Gentle Awakening
10 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness	11 <u>7:30 - 9:00 pm</u> Relax & Renew Yoga with Heather	12 9:30 - 10:45 AM Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>7:30 - 8:30 PM</u> Luminous Yin-Ness	13 9:30 - 10:45 AM Grounded & Grateful - Angela <u>6:30 - 8:00 PM</u> LightBody Awakening - Carla	14 <u>9:30 - 10:45 AM</u> Rise & Shine Yoga with Heather <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather	15	16 <u>8:30 - 9:30 AM</u> Gentle Awakening with Angela <u>10:00 - 11:00 AM</u> Higher Self Yoga with Carla
17 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness	18 <u>7:30 - 9:00 pm</u> Relax & Renew Yoga with Heather	19 9:30 - 10:45 AM Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>7:30 - 8:30 PM</u> Luminous Yin-Ness	20 9:30 - 10:45 AM <u>Grounded &</u> <u>Grateful - Angela</u> <u>6:30 - 8:00 PM</u> <u>LightBody</u> <u>Awakening - Carla</u>	21 9:30 - 10:45 AM Rise & Shine Yoga with Heather <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather	22	23 <u>8:30 - 9:30 AM</u> Gentle Awakening with Angela <u>10:00 - 11:00 AM</u> Higher Self Yoga with Carla
24 <u>7:00 - 8:00 pm</u> Luminous Stretch with Ness	25 <u>7:30 - 9:00 pm</u> Relax & Renew Yoga with Heather	26 9:30 - 10:45 AM Mindful Movement <u>11:30 - 12:30 PM</u> Yoga Essentials <u>7:30 - 8:30 PM</u> Luminous Yin with Ness	27 9:30 - 10:45 AM Grounded & Grateful - Angela <u>6:30 - 8:00 PM</u> LightBody Awakening with Carla	28 9:30 - 10:45 AM Rise & Shine Yoga with Heather <u>7:30 - 9:00 PM</u> Restorative Yin Yoga with Heather	29	30 <u>8:30 - 9:30 AM</u> Gentle Awakening with Angela <u>10:00 - 11:00 AM</u> Higher Self Yoga with Carla

Book Classes at www.heathermcdermidyoga.com