DECEMBER WELLNESS CALENDAR

Yoga Fees: Drop In $12, 5 pack for $50, 10 pack for $90, Military/Student $6/class
Strength/MIXFIT Fees: Drop In $12, 5 pack for $55, 10 pack for $99
***NOTICE: At least 2 participants must sign up 2 hours before class time in order to hold class.**
PLEASE sign up online, on our App, or by messaging your instructor at least 2 hours before class.

"if you don't take time for your WELLNESS you will be forced to make time for your ILLNESS"
~a very wise person

sunday	monday	tuesday	wednesday	thursday	friday	saturday
27	28	29	30	1 7-8 am All Level Yoga 8:30-9:15 am MIXFIT 9:30-10:15 AM All Levels + Yin Yoga	2 6-6:45 am Morning Sunrise Yoga 7:45-8:45 All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga	3 9-10:00 AM All Levels Yoga
4 7-8pm Sunday Sound Spa	5 5:20-6 AM MIXFIT 7:45-8:45 am All Levels Yoga 9-9:30 AM Strength Basics 9:40-10:10 am Chair Yoga	6 6-6:45 am Morning Yoga 8:30-9:15 AM MIXFIT Power Up 5:45-6:45 pm All -Levels Yoga	7 5:20-6 AM MIXFIT 8:30-5-9:30 AM Gentle Yoga 6:30-7:30 pm Restorative Yoga	8 8:30-9:15 AM MIXFIT Power Up 9:30-10:15 AM All Levels + Yin Yoga 5:45-6:45 pm All-Levels Yoga	9 7:45-8:45 All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga LAST DAY FOR HOLIDAY PREORDER	10 9:00-10:00 am All Levels Yoga
11	12 5:20-6 AM MIXFIT 7:45-8:45 am All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga	13 6-6:45 AM Morning Yoga 8:30-9:15 AM MIXFIT Power Up 5:45-6:45 pm All-Levels Yoga	14 5:20-6 AM MIXFIT 8:30-9:30 AM Gentle Yoga	15 8:30-9:15 am MIXFIT Power UP 9:30-10:15 AM All Levels + Yin Yoga 5:45-6:45 pm All-Levels Yoga	16 6-6:45 am Morning Yoga 7:45-8:45 All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga PREORDER PICKUP	17 9:00-10:00 AM All Levels Yoga
18 7-8 pm Sunday Sound Spa	19 5:20-6 AM MIXFIT 7:45-8:45 am All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga	20 6-6:45 AM Morning Yoga 8:30-9:15 AM MIXFIT Power Up 5:45-6:45 pm All-Levels Yoga	21 5:20-6 AM MIXFIT 8:30-9:30 AM Gentle Yoga 6:30-7:30 pm Restorative Yoga	22 8:30-9:15 am MIXFIT Power UP 9:30-10:15 AM All Levels + Yin Yoga 5:45-6:45 pm All-Levels Yoga 7-8:30 pm Winter Soltice Drum Circle	23 6-6:45 am Morning Yoga 7:45-8:45 All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga	24 9:00-10:00 AM All Levels Yoga
25 MERRY CHRISTMAS	26 5:20-6 AM MIXFIT 7:45-8:45 am All-Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga	27 6-6:45 AM Morning Yoga 8:30-9:15 AM MIXFIT Power Up 5:45-6:45 pm All-Levels Yoga	28 5:20-6 AM MIXFIT 8:30-9:30 AM Gentle Yoga	29 8:30-9:15 am MIXFIT Power UP 9:30-10:15 AM All Levels + Yin Yoga 5:45-6:45 pm All-Levels Yoga	30 6-6:45 Morning Yoga 7:45-8:45 All Levels Yoga 9-9:30 am Strength Basics 9:40-10:10 am Chair Yoga	31 9:00-10:00 AM All Levels Yoga