



# Nov -2024

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### Weekend Schedule Updates!

At Living Beyond Yoga, we often mix up our weekend schedule to offer more variety and options for your practice! As a registered school certifying teachers, we love bringing fresh experiences to our classes. Keep an eye out of new offerings and changes---there's always something exciting happening to deepen your yoga, Journey!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Exp	1 10:30am Hot 26 Pop-up 5:30pm Free Zen/Tonic	2 9am Hot Detox Flow 10:30am Restorative Pop-up
3 10am Flow/Glow 11:30am \$15 Gentle Yoga	4 10:30am Aerial Yoga 4:30pm Yoga Shapeshifting 6pm Candlelight Yin Yoga	5 10:30am Hot Detox 4:30pm Yoga Rehab 6pm Hot Detox Yoga Flow	6 9:30am Yoga Lab 4:30pm Hatha Flow 6pm Blissed Out	7 9:15am Yoga Sculpt 4:30pm Shapeshifting 6pm Hot 26	8 5:30pm Free Zen/Tonic	9 9am Hot Detox Flow 10:30am Mobility Flow 12pm Aerial Yoga Explore
10 10am Flow/Glow 11:30am \$15 Gentle Yoga	11 10:30am Aerial Yoga 4:30pm Yoga Shapeshifting 6pm Candlelight Yin Yoga	12 10:30am Hot Detox 4:30pm Yoga Rehab 6pm Hot Detox Yoga Flow	13 9:30am Yoga Lab 4:30pm Hatha Flow 6pm Blissed Out	14 9:15am Yoga Sculpt 4:30pm Shapeshifting 6pm Hot 26	15 10:30am Hot 26 Pop-up 5:30pm Free Zen/Tonic	16 9am Hot Detox 10:30am Yin Yoga Pop-Up
17 10am Flow/Glow 11:30am Free Gentle Yoga	18 10:30am Aerial Yoga 4:30pm Yoga Shapeshifting 6pm Candlelight Yin Yoga	19 10:30am Hot Detox 4:30pm Yoga Rehab 6pm Hot Detox Yoga Flow	20 9:30am Yoga Lab 4:30pm Hatha Flow 6pm Blissed Out	21 9:15am Yoga Sculpt 4:30pm Shapeshifting 6pm Hot 26	22 5:30pm Free Zen/Tonic	23 9am Hot Detox 10:30am Mobility Flow 12pm Aerial Yoga Explore
24 10am Flow/Glow 11:30am Free Gentle Yoga	25 10:30am Aerial Yoga 4:30pm Yoga Shapeshifting 6pm Candlelight Yin Yoga	26 10:30am Hot Detox 4:30pm Yoga Rehab 6pm Hot Detox Yoga Flow	27 9:30am Yoga Lab 4:30pm Hatha Flow 6pm Blissed Out	28 CLOSED Thanksgiving Holiday	29 5:30pm Free Zen/Tonic	30 9am Hot Detox 10:30am Mobility Flow 12pm Aerial Yoga Explore