

Mystic Moonlight Yoga - November 2023

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
				10 am Gentle Stretch/Yoga		
			6 pm Ashtanga Yoga 101	-Cyndy @ Lake Stonycreek		
			- Private group, must contact Bobbie at (814) 701-6010	5 pm Weighted Pilates - Bobbie		
				6 pm Buti Yoga - Alex		
				7:15 Gentle Yoga - Alex		
5	6	7	8	9	10	11
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
		No pm class with Cyndy	6 pm Ashtanga Yoga 101	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates		- Private group, must contact Bobbie at (814) 701-6010	5 pm Weighted Pilates - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
12	13	14	15	16	17	18
		10 am Strength Building Yoga Flow - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Ashtanga Yoga 101	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Private group, must contact Bobbie at (814) 701-6010	5 pm Weighted Pilates - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex		6 pm Buti Yoga - Alex		
		7:15 Strength+Stretch - Alex		7:15 Gentle Yoga - Alex		
19	20	21	22	23	24	25
		10 am Strength Building Yoga Flow - Alex				
	6 pm Weighted Pilates	5:30 pm Gentle Stretch/Yoga - Cyndy		Happy Thanksgiving!		
	-Bobbie	@ Lake Stonycreek	No class today	No classes today		
		6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
26	27	28	29	30		
		10 am Strength Building Yoga Flow - Alex				
		5:30 pm Gentle Stretch/Yoga - Cyndy				
	6 pm Weighted Pilates	@ Lake Stonycreek				
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				