

Mystic Moonlight Yoga - December 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Yin Yoga - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
8	9	10	11	12	13	14
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Yin Yoga - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
15	16	17	18	19	20	21
		10 am Strength Yoga - Alex		10 am Gentle Stretch/Yoga		
		5:30 pm Gentle Stretch/Yoga - Cyndy	6 pm Intermediate Yoga	-Cyndy @ Lake Stonycreek		
	6 pm Weighted Pilates	@ Lake Stonycreek	- Bobbie	6 pm Yin Yoga - Bobbie		
	-Bobbie	6 pm Gentle Yoga - Alex				
		7:15 Strength+Stretch - Alex				
22	23	24	25	26	27	28
		Christmas Eve	Christmas Day			
	No class	No classes	No classes	No classes		
29	30	31				
		New Year's Eve				
	No Class	No classes				