



November Virtual Schedule

*Bringing you movement, mindfulness
and community*



These classes are complimentary. **There is a maximum capacity of 100 ppl. per each class (no sign up required).** Please follow us on social [media](#) for the latest class updates and schedule changes.

All classes are held **Eastern Standard Time**. To ensure admittance to class please arrive on time so the instructor can let you in as we cannot guarantee late entry.

Can't join us live? No worries, subscribe to our classes on demand! Now you can workout with us anytime, anywhere!

[Subscribe to Classes on Demand](#)



Monday

CORE YOGA 12:00- 12:45 PM (EST)

Improve posture, flexibility and build core strength

Meeting ID 824 1978 3128 / Password: Core

[ZOOM LINK](#)

Thursday

YOGA 11:15-12:00 PM (EST)

Restore, relax, Improve posture, flexibility and relieve stress

Meeting ID 837 5330 7885/ Password: Yoga

[ZOOM LINK](#)

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