

# YOGA Studio- November 2018

5156 Calhoun Memorial Hwy, Easley SC 29640 [www.thefitfactorypickens.com](http://www.thefitfactorypickens.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW SUNDAY CLASS STARTING 11/5!		Please note Tuesday class time change!		1 6pm HOT Flow-Tyler	2	3 10am AcroYoga/ Inversions- Kit
4	5 5pm Beginner Yoga-Kit 7pm HOT Flow- Tyler	6 9:30am PiYo Sculpt- Fallon 4:30pm Vinyasa Flow (non heated)- Tyler	7 5pm Gentle Yoga- Ellie	8 6pm HOT Flow-Tyler	9	10 (Yoga in Pickens @10am)
11 5pm HOT Flow-Tyler	12 5pm Beginner Yoga-Kit 7pm HOT Flow- Tyler	13 9:30am PiYo Sculpt- Fallon 4:30pm Vinyasa Flow (non heated)- Tyler	14 5pm Gentle Yoga- Ellie 7pm HOT Flow- Brooke	15 6pm HOT Flow-Tyler	16	17 10am AcroYoga/ Inversions- Kit
18 5pm HOT Flow-Tyler	19 5pm Beginner Yoga-Kit 7pm HOT Flow- Tyler	20 No AM PIYO 4:30pm Vinyasa Flow (non-heated)- Tyler	21 10:30am Yoga Flow- Ellie No pm classes.	22 Happy Thanksgiving- No class.	23	24 (Yoga in Pickens @10am)
25 5pm HOT Flow-Tyler	26 5pm Beginner Yoga-Kit 7pm HOT Flow- Tyler	27 9:30am PiYo Sculpt- Fallon 4:30pm Vinyasa Flow- (non-heated)- Tyler	28 5pm Gentle Yoga- Ellie 6pm Barre'- Nina	29 6pm HOT Flow-Tyler	30	
First HOT Class is only \$5.	Unlimited monthly- \$55 (drafted) also includes all fitness classes at both studios.	Class Packs- 10 classes- \$80 20 classes- \$150	Drop in HOT class- \$10 Drop in non-heated- \$7			