

JANUARY 2025



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Happy New Year</i>	2	3	4
5 10:15am Manifestation Circle- Danielle 12:00pm Svaroopo®Yoga- Sarita 4:00pm Sister Circle- Jex	6 9:00am Yoga Basics-Sarita 5:30pm Deep Release-Lisa	7 10:30am Mindful Flow -Lisa 4:00pm Mindful Presence- Nadine	8 9:30am Svaroopo®Yoga- Sarita 5:30pm Mindful Flow Lisa 7:00pm Pound Fitness- Sharon	9 4:00pm Svaroopo®Yoga- Sarita 6:00pm Sister Circle-Jex	10 9:30am -Qigong Lisa 10:30am Mindful Presence- Nadine 6pm Sound Bath- Michael & Sarita	11 8:30am Pound Fitness- Sharon 9:45am Svaroopo®Yoga-Sarita 11:30am Community Yoga- Lisa 2:30pm Vision Board -Caitlin
12 9:30am Vinyasa Yoga- Brenda 12:00pm Svaroopo®Yoga- Sarita 1:45pm Mindful Presence- Nadine	13 9:00am Yoga Basics-Sarita 5:30pm Deep Release Lisa 6:45pm Interconnected Movement 4-wk series begins- Michele	14 10:30am Mindful Flow -Lisa 4:00pm Mindful Presence- Nadine	15 9:30am Svaroopo®Yoga- Sarita 11:30am MindBody Reset 5-wk series begins- Freya 5:30pm Mindful Flow Lisa 7:00pm Pound Fitness- Sharon	16 4:00pm Svaroopo®Yoga- Sarita 6:00pm Sister Circle- Jex	17 9:30am -Qigong Lisa 10:30am Mindful Presence- Nadine	18 8:30am Pound Fitness- Sharon 9:45am Svaroopo®Yoga-Sarita 11:30am Community Yoga- Lisa
19 10:15am Manifestation Circle- Danielle 12:00pm Svaroopo®Yoga- Sarita	20 9:00am Yoga Basics-Sarita 10:30am Mindful Flow -Lisa 11:30am Mindful Presence-Nadine 5:30pm Deep Release-Lisa	21	22 9:30am Svaroopo®Yoga- Sarita 5:30pm Mindful Flow Lisa 7:00pm Pound Fitness- Sharon	23 4:00pm Svaroopo®Yoga- Sarita 6:00pm Sister Circle- Jex	24 9:30am -Qigong Lisa 10:30am Mindful Presence- Nadine 6pm Open Mic- Lisa	25 8:30am Pound Fitness- Sharon 9:45am Svaroopo®Yoga-Sarita 11:30am Community Yoga- Michele
26 9:30am Vinyasa Yoga- Brenda 12:00pm Svaroopo®Yoga- Sarita 2:00pm Transformational Breathwork-Lisa	27 9:00am Yoga Basics-Sarita 10:30am Mindful Flow -Lisa 11:30am Mindful Presence-Nadine 5:30pm Deep Release-Lisa	28	29 9:30am Svaroopo®Yoga- Sarita 5:30pm Mindful Flow Lisa 7:00pm Pound Fitness- Sharon	30 4:00pm Svaroopo®Yoga- Sarita 6:00pm Sister Circle- Jex	31 9:30am -Qigong Lisa 10:30am Mindful Presence- Nadine	

