



Strong like a Woman



NOVEMBER 2021 CLASS CALENDAR

Register for a class in support of
vulnerable women and children!

OCTOBER 30	01	02	03
04	05 <u>5:30PM YOGA NOVA STUDIO</u> <u>HOT POWER YOGA</u> <u>(VINYASA).</u>	06	07
08	9	10	11
12	13	14	15
16	17	18 <u>6:30PM KIN+FIT</u> <u>FULL BODY HIIT</u> <u>@ CO-SWEAT STUDIO</u>	19 <u>5:30PM YOGA NOVA STUDIO</u> <u>HOT POWER YOGA</u> <u>(VINYASA).</u>
20 <u>12PM KIN+FIT</u> <u>FULL BODY HIIT</u> <u>@ CO-SWEAT STUDIO</u> <u>3:30PM WYMBIN</u> <u>PARENT AND CHILD</u> <u>CALM YOGA</u>	21 <u>1:30PM WYMBIN PARENT</u> <u>AND CHILD PARTNER</u> <u>POSE YOGA</u>	22	23
24	25	26	27 <u>3:00PM YOGA IN BOWNESS</u> <u>HEALING HATHA</u>
28	29	30	