Fall Yoga, 2026



October

Wed, 7, 14	Active	7 - 8:30 am
Thurs, 15	Restorative	4:30 - 5:30 pm
Mon, 19	Active	7 - 8:30 am

November

Mon, 2, 16, 23, 30	Active	7 - 8:30 am
Thurs, 19	Restorative	4:30 - 5:30 pm

December

Mon, 7, 14, 21, 28	Active	7 - 8:30 pm
Thurs, 17	Restorative	4:30 - 5:30 pm