What's on in November

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 Chair Yoga 12:15pm Yoga 6:10pm	4	5 Chair Yoga 11:30am Mindful Craft 2:00pm Yoga 6:00pm	6 Sound Bath 12:15pm	7
10 Chair Yoga 12:15pm Yoga 6:10pm	11 Sound Bath 7:00pm	12 Chair Yoga 11:30am Mindful Craft 2:00pm Yoga 6:00pm	13 Sound Bath 12:15pm	14
17 Chair Yoga 12:15pm Yoga 6:10pm	18	19 Chair Yoga 11:30am Mindful Craft 2:00pm Yoga 6:00pm	20 Sound Bath 12:15pm	21
24 Chair Yoga 12:15pm Yoga 6:10pm	25	26 Chair Yoga 11:30am Mindful Craft 2:00pm Yoga 6:00pm	27 Sound Bath 12:15pm	28 Sound Bath 5:00pm