

# November

Su	Mo	Tu	We	Th	Fr	Sa
	1 5:30pm AAA with Katie Leelanau Room	2	3 5:30pm Sculpt and Stretch with Chey- Leelanau Room	4	5 Friday Night Lavendar Chill 5:30 with Becky	6 10am AAA Leelanau Room with Katie/ 11:30am Yoga with Becky
7	8 5:30pm AAA with Katie Leelanau Room	9	10 5:30pm Sculpt and Stretch with Chey- Leelanau Room	11 Gentle Flow Yoga 10am with Stephanie	12 Friday Night Lavendar Chill 5:30 with Becky	13 No availability
14 10am Sunday Slow Burn with Leslie Leelanau Room	15 5:30pm AAA with Katie Leelanau Room	16 Gentle Flow Yoga 10am with Stephanie	17 5:30pm Sculpt and Stretch with Chey- Leelanau Room	18 Gentle Flow Yoga 10am with Stephanie	19 Friday Night Lavendar Chill 5:30 with Becky	20 10am AAA Leelanau Room with Katie/ 11:30am Yoga with Becky
21 10am Sunday Slow Burn with Leslie Leelanau Room	22 5:30pm AAA with Katie Leelanau Room 10730	23 Gentle Flow Yoga 10am with Stephanie	24 No class due to the holiday	25 9am Gratitude Flow with Leslie 11am Gentle Yoga with Jamie	26 Vinyasa and Vino 5: 30- Leslie	27 10am AAA Leelanau Room with Katie/ 11:30am Yoga with Becky
28 <del>10am Sunday Slow Burn with Leslie- Leelanau Room</del>	29 5:30pm AAA with Katie Leelanau Room 10730	30 Gentle Flow Yoga 10am with Stephanie				

Updated 11.2



# December

Su	Mo	Tu	We	Th	Fr	Sa
			1 5:30pm Sculpt and Stretch with Chey-Leelanau Room	2 Gentle Flow Yoga 10am with Stephanie	3	4 No availability
5	6	7	8	9	10	11
10am Sunday Slow Burn with Leslie-Leelanau Room	5:30pm AAA with Katie Leelanau Room to 7:30		5:30pm Sculpt and Stretch with Chey-Day Club Room-Limit Class size to 15			No availability
12	13	14	15	16	17	18
10am Sunday Slow Burn with Leslie Leelanau Room	5:30pm AAA with Katie Leelanau Room to 7:30	Gentle Flow Yoga 10am with Stephanie	5:30pm Sculpt and Stretch with Chey-Leelanau Room	Gentle Flow Yoga 10am with Stephanie		No availability
19	20	21	22	23	24	25
10am Sunday Slow Burn with Leslie-Leelanau Room	5:30pm AAA with Katie Leelanau Room	Gentle Flow Yoga 10am with TBD	5:30pm Sculpt and Stretch with Chey-Leelanau Room	Gentle Flow Yoga 10am with TBD		Christmas
26	27	28	29	30	31	
	5:30pm AAA with Katie Leelanau Room	Gentle Flow Yoga 10am with Stephanie	5:30pm Sculpt and Stretch with Chey-Leelanau Room	Gentle Flow Yoga 10am with Stephanie		

Updated 11.2