

OCTOBER 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Gentle Flow with Tricia 5:30–6:30pm Vinyasa Flow with Janelle 7–8:15pm	2	3 Good Morning Bhakti Flow with Chris 10–11:15am Personal Freedom Workshop with Julia & Nancy (\$150) 1–5pm
4 Warm Sunday Morning Flow with Tricia 10–11:15am Creative Current: The Poet's Heart with Chris & Amy 2–4:30pm (\$50) Candlelight Yoga & Soundbath with Pechta 7–8:15pm	5 Book Club at Mark & Julia's 6–7:30pm	6	7 Restorative with Chris 5:30pm Restorative with Ben 7pm	8 Gentle Flow with Tricia 5:30–6:30pm Vinyasa Flow with Janelle 7–8:15pm	9	10 Good Morning Vinyasa Flow with Janelle (subbing) 10–11:15am
11 Sunday Morning Flow with Janelle (subbing) 10–11:15am	12	13	14 Restorative with Chris 5:30pm Restorative with Ben 7pm	15 Gentle Flow with Tricia 5:30–6:30pm Vinyasa Flow with Janelle 7–8:15pm	16	17 Good Morning Bhakti Flow with Chris 10–11:15am Karma Class (donation-based) with Tricia 12–1pm
18 Warm Sunday Morning Flow with Tricia 10–11:15am Creative Current: The Artist's Eye with Chris & Amy 2–4:30pm (\$50) Candlelight Soundbath with Pechta 7–8:15pm	19	20	21 Restorative with Chris 5:30pm Restorative with Ben 7pm	22 Gentle Flow with Tricia 5:30–6:30pm Vinyasa Flow with Janelle 7–8:15pm	23	24 Good Morning Flow with Ben 10–11am
25 Warm Sunday Morning Flow with Tricia 10–11:15am Candlelight Yoga & Soundbath with Pechta 7–8:15pm	26	27	28 Restorative with Chris 5:30pm RIP Restorative with Ben 7pm	29 SPOOKASANA Spookasana Costume Glow Vinyasa Flow with Janelle 7–8:15pm	30	31 Good Morning Bhakti Flow with Chris 10–11:15am