NOVEMBER CLASSES & EVENTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	November Events
9:00 - 10:00am	Preschoolers & Parents Hammock Drop-in 9:00 - 10:15am	Homeschool Drop-in 9:00am - 10:15am	Preschoolers & Parents Hammock Drop-in 9:00 - 10:15am	Preschoolers & Parents Hammock Drop-in 9:00 - 10:15am	Share the fun with your Friends & Family! Book us for a Private Session for your next Birthday Wedding Reunuion Staff Party or any Special Celebration! FUN for ALL Ages! No Experience Needed		Book a Party!	Free Frontline Beginners Aerial Yoga Nov 7th & 14th 10:00 - 11:00am Deep Rest Mini Restorative Retreat Nov 7th 1:30 - 4:00pm 9D Breathwork with Angie Nov 22nd 6:00pm - 8:00pm Learn to Make a Mala Workshop Nov 28th 12:00pm - 4:00pm Family Floating Sound Bath Nov 28th 7:30pm - 8:45pm
10:30 - 11:30am	Beg. Aerial Yoga 10:30 - 11:30am	Infrared Yoga All Levels 10:30 - 11:30am	Aerial Fusion 10:30 - 11:30am	Free 30 min. Mat Pilates 10:30 - 11:00am				
11:45 - 12:45pm	Schools • Daycares • Team Building • Custom Groups							
1:00 - 2:00pm							Open Gym 1:00 - 3:00pm	
2:15 - 3:15pm								
Open Infrared Studio	Open Infrared 2:00 - 5:00pm	Open Infrared 2:00 - 5:00pm	Open Infrared 2:00 - 5:00pm	Open Infrared 2:00 - 5:00pm			Open Infrared 2:00 - 5:00pm	
3:30 - 4:30pm	Family Aerial 3:30 - 4:30pm	Kids Club 3:00 - 5:00pm or 8-12 year Aerial Hammocks 3:30 - 4:30pm	Open Gym 3:30 - 4:30pm	Kids Club 3:00 - 5:00pm or 6-8 year Aerial Hammocks 3:30 - 4:30pm			Book a Party!	
4:45 - 5:45pm	Open Gym 4:45 - 5:45pm	Open Gym 4:45 - 5:45pm	Aerial Sampler Series 4:45 - 5:45pm	Open Gym 4:45 - 5:45pm				
6-7pm	Strength Circuit 6:00 - 7:00pm	Aerial Fusion 6:00 - 7:00pm	Strength Circuit 6:00 - 7:00pm	Aerial Yoga 6:00 - 7:00pm			Infrared Yin Yoga 5:45 - 6:45pm	
7:15-8:15pm	Book us for a Private Event, Date Night or Just for Plain Old Fun!			Infrared Restorative Yoga & Sound 7:15 - 8:15pm			Aerial Sound 7:15 - 8:45pm	
8:30-9:45pm								