



November '23 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Receive \$10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga or massage treatment.</p>	<p>45min Salt Cave sessions begin at the top of each hour: Monday-Friday 10am-6pm Saturday 11am-5pm Sunday 1pm-3pm 270-799-8070 www.behappybg.com</p>	<p>Must sign up for classes at least 75 minutes in advance! Underlined events are special pricing. Please ask for details! Must pre-register by 5pm the day before event.</p>	<p>1 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>2 9:45am Slow Flow 11:15am CoreFirst 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>3 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt</p>	<p>4 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow</p>
<p>5 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>6 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>7 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 4pm Beginner to Basics 5:30pm Restorative Yoga then Salt</p>	<p>8 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>9 9:45am Slow Flow 11:15am CoreFirst 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>10 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt</p>	<p>11 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow <u>1:30pm Intro to Corefirst</u></p>
<p>12 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>13 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>14 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 4pm Beginner to Basics 5:30pm Restorative Yoga then Salt</p>	<p>15 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>16 9:45am Slow Flow 11:15am CoreFirst 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>17 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt</p>	<p>18 9:30am Yoga then Salt 11am CoreFirst 11am Kids Yoga in the Salt Cave! 12pm Vinyasa Flow</p>
<p>19 1:30pm Beginners to Basics* 3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>20 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga* 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>21 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 4pm Beginner to Basics 5:30pm Restorative Yoga then Salt</p>	<p>22 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga Closing at 2pm.</p>	<p>23 Closed Happy Thanksgiving!</p>	<p>24 9:30am Turkey Detox Yoga 11:45am CoreFirst 12:45pm Midday Stretch & Flow Yoga 3:30pm Restorative Yoga then Salt</p>	<p>25 9:30am Yoga then Salt 11am CoreFirst 12pm Vinyasa Flow 2pm Guided Relaxation and Breathwork in the Salt Cave</p>
<p>26 1:30pm Beginners to Basics 3pm Yoga then Salt 4:30pm Yin Yoga then Salt</p>	<p>27 9:15am Restorative Yoga 11:15am CoreFirst 12:15pm Midday All-Levels 1:30pm Chair Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights</p>	<p>28 9:15am Yahweh Yoga 11:15am Yahweh Gentle 1:30pm Slow Flow 4pm Beginner to Basics 5:30pm Restorative Yoga then Salt</p>	<p>29 9:15am Gentle Yoga 11:15am CoreFirst 12:15pm Midday Stretch & Flow Yoga 5pm Prenatal Yoga 6:30pm Slow Flow</p>	<p>30 9:45am Slow Flow 11:15am CoreFirst 1:30pm Chair Yoga 5:30pm Gentle/Level 1 Yoga 7pm Vinyasa Flow</p>	<p>Susan Chie Trudy Martha Beshka Virginia Frances Alesia Shigeko Mary Maria DeAnn Sheila Liz Angela Julie Morgan Gina Carmen Lindsey</p>	