November '26 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 3pm Yoga then Salt 4:30pm Yoga Fusion	2 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	3 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	4 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	5 9:45am Slow Flow 4:15pm Mat Pilates ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	6 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt ***6pm Members & Staff: Friendsgiving Gathering***	7 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
8 3pm Yoga then Salt 4:30pm Yoga Fusion	9 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	10 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	11 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	12 9:45am Slow Flow 4:15pm Corefirst Pilates ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	13 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	14 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow ***11am Kids Yoga IN the Salt Cave***
15 3pm Yoga then Salt 4:30pm Yoga Fusion	16 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	17 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	18 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 6:15pm Vinyasa Sculpt	19 9:45am Slow Flow 4:15pm Mat Pilates ***5PM Reading Hour in the Salt Cave*** 5:30pm Gentle/Level 1 Yoga 6:45pm Yoga with Weights	20 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	21 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
22 3pm Yoga then Salt 4:30pm Full Moon Flow & Restore	23 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights	24 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 ***12PM Guided Deep Relaxation in the Salt Cave*** 5:30pm Restorative + Salt 7pm Corefirst Strength	25 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore **Closing at 2pm**	26 **Closed for Thanksgiving!**	27 9:30am Turkey Detox! 11:45am Corefirst Strength ***4pm Restorative Yoga in the Salt Cave***	28 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
29 3pm Yoga then Salt 4:30pm Yoga Fusion	30 9:30am Restorative Yoga 11:15am Corefirst Strength 12:15pm Midday All-Levels 4:15pm Prenatal Yoga 5:30pm Level 1 Yoga/ Medical Center class 6:45pm Yoga with Weights		Susan P Frances Shigeko Angela Virginia Julie Lindsey Nancy Beshka Alesia Mary Morgan Kaila Chelsey Susan T Kelly	**Receive $10 off your 45 minute Himalayan Salt Cave session on the same day you take a yoga class or receive a Thai Yoga stretch or massage.**	45min Salt Cave sessions begin at the top of each hour: **Monday 10am-6pm** **Tuesday 10am-6pm** **Wednesday 10am-6pm** **Thursday 10am-6pm** **Friday 10am-6pm** **Saturday 11am-5pm** **Sunday 1pm-3pm**	**Underlined events are special pricing. Please ask for details!** **Must pre-register by 5pm the day before event.** Must sign up for classes at least 75 minutes in advance! www.behappybg.com