December '26 Be Happy Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	__Susan P __Frances __Shigeko __Angela __Virginia ____Julie __Lindsey ____Nancy __Beshka ___Alesia ____Mary __Morgan ___Kaila __Chelsey ___Susan T ___Kelly	1 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	2 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 5:30pm Vinyasa Sculpt	3 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	4 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	5 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
6 3pm Yoga then Salt 4:30pm Yoga Fusion ***6pm Season of Stillness: Yoga Nidra & Sound Bowls Series***	7 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	8 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	9 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 5:30pm Vinyasa Sculpt	10 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	11 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	12 8:15am Yoga Fusion 9:30am Blindfold Christmas Yahweh Yoga 11am Vinyasa Flow ***5pm Members & Staff Christmas Party!***
13 3pm Yoga then Salt 4:30pm Yoga Fusion ***6pm Season of Stillness: Yoga Nidra & Sound Bowls Series***	14 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	15 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	16 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 5:30pm Vinyasa Sculpt	17 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	18 8:00am Rise & Shine Flow 9:15am Level 1 Yoga 10:30am Gentle Yoga 11:45am Corefirst Strength 4:15pm Restorative + Salt	19 8:15am Christmas Corefirst Cardio 9:30am Holly Jolly Yoga then Salt 11am Vinyasa Flow ***11am Kids Christmas Yoga in the Salt Cave*** ***3:30pm Winter Solstice Crystal Bowl Sound Bath***
20 3pm Yoga then Salt 4:30pm Yoga Fusion ***6pm Season of Stillness: Yoga Nidra & Sound Bowls Series***	21 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	22 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	23 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Full Moon Flow & Restore 5:30pm Vinyasa Sculpt	24 10am Christmas Flow + Salt **Closing at 2pm**	25 **Closed for Christmas**	26 8:15am Yoga Fusion 9:30am Yoga then Salt 11am Vinyasa Flow
27 3pm Yoga then Salt 4:30pm Yoga Fusion ***6pm Season of Stillness: Yoga Nidra & Sound Bowls Series***	28 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	29 9:30am Corefirst Stretch 10:30am Yahweh Gentle/Level 1 5:30pm Restorative + Salt 7pm Corefirst Strength	30 9:30am Gentle/Beginners Yoga 11:15am Corefirst Pilates 1:15pm Flow + Restore 4:15pm Slow Flow 5:30pm Vinyasa Sculpt	31 9:45am Slow Flow **Closing at 2pm**	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