be Salon · Spa · Yoga

Yoga & Fitness Schedule

NOVEMEBER 2026

AN EXCITING MONTH FOR NEW INSTRUCTORS, NEW CLASSES, NEW TIMES, AND YOGA BY CANDLELIGHT!

DAY	TIME	CLASS	TEACHER	NOTE
MONDAYS	9:00 am	TONE & TIGHTEN	Amanda	
	5:30 pm	CORE	Amanda	
	6:00 pm	CARDIO & VIBRO	Amanda	
	6:00 pm	NEW INSTRUCTOR DEMO DAY!	Jazzy	Nov 23rd
TUESDAYS	9:00 am	YOGA SCUPLT - UPPER BODY	Monica	
	10:00 am	SLOW FLOW YOGA	Monica	
	6:00 pm	YOGA SCULPT - FULL BODY	Monica	
	7:00 pm	INTRO TO AERIAL YOGA - SOLD OUT **	Monica	4 Week Series
WEDNESDAYS	9:00 am	STRENGTH & MOTION NEW INSTRUCTOR!	Brittany	Weekly Starting Nov 4
	5:30 pm	TAP FITNESS	Amanda	
	6:30 pm	CARDIO DRUMMING	Amanda	
	7:30 pm	SLOW FLOW PM YOGA	Brooke	
THURSDAYS	9:00 am	YOGA SCUPLT - LOWER BODY	Monica	
	10:00 am	SLOW FLOW YOGA	Monica	
	6:00 pm	AERIAL YOGA - LEVEL 1	Monica	
	7:30 pm	CANDLELIGHT RESTORATIVE YOGA *	Monica	Nov 5 & 19
SATURDAYS	9:00 am	SLOW FLOW AM YOGA	Brooke	New Start Time Starts Nov 7th
	10:15 am	STRENGTH & MOTION NEW SATURDAY MORNING CLASS! NEW INSTRUCTOR!	Brittany	Weekly Starting Nov 4th
SUNDAYS	3:00 pm	LINE DANCING - POP-UP CLASS! *	Sherri	Nov 15 &29

DROP-IN, CLASS PASSES, AND MEMBERSHIPS TO ATTEND ALL CLASSES. * EVENT **INTRO SERIES
ALL CLASSES ARE ONGOING WEEKLY UNLESS OTHERWISE LISTED IN THE CANCELLATIONS BELOW:
NO CLASSES: NO AM & PM CLASSES ON **TUESDAY, NOV 12**
NO PM CLASSES ON **WEDNESDAY, NOV 25**
NO AM & PM CLASSES ON **THURSDAY, NOV 26**
HAPPY THANKSGIVING! WE ARE SO GRATEFUL FOR THE FITNESS AND YOGA COMMUNITY!