

BYS October: Hits you may have missed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 <u>Yoga for Stiff Neck & Shoulders</u>	3 <u>Express Core Power</u>	4 <u>Yoga While Dinner is Cooking.</u>	5 <u>Yoga for For When You're Feeling Antsy.</u>	6 <u>Yoga For Tired Feet</u>	7 REST	8 REST
9 <u>Break All The Rules</u>	10 <u>30-Min Cardio Flow</u>	11 <u>Just the Next Right Thing.</u>	12 <u>Yoga For Digestion with Rose</u>	13 <u>Strengthening Feet & Ankles</u>	14 REST	15 REST
16 <u>Yoga For Introverts</u>	17 <u>Non-Stop Standing Flow</u>	18 <u>Bedtime Flow</u>	19 <u>Yoga For Gut Health</u>	20 <u>Therapy For Sensitive Knees</u>	21 REST	22 REST
23 <u>Yoga Checkpoint</u>	24 <u>Fitness Inspired flow</u>	25 <u>Hands-Free Flow</u>	26 <u>Rest Day Flow</u>	27 <u>Yoga For The Side Body.</u>	28 REST	29 REST

If you feel a little stuck in a rut, always going over the same classes, you'll love this calendar. This month we are focusing on some great classes that often go unnoticed. Maybe you'll find a new favorite!

