

NOVEMBER

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Mindful Movement & Breathwork 11:15am Meditation 12pm Yogic Sleep	3 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	4 9:45am Gentle Yoga with Colette 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	5 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	6 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	7 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora
9	10 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	11 9:45am Gentle Yoga with Colette 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	12 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	13 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	14 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora
16 10am Mindful Movement & Breathwork 11:15am Meditation 12pm Yogic Sleep	17 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	18 9:45am Gentle Yoga with Colette 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	19 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	20 9:15am Beginners Yoga with Dora 10:30am Meditation with Dora	21 9:30am Flow Yoga with Dora 11am Yin Yoga with Dora
23	24 9:30am Gentle Yoga with Dora 7:30pm Yin Yoga with Dora	25 9:45am Gentle Yoga with Colette 6:15pm Beginners Yoga with Dora 7:30pm Gentle Yoga with Dora	26 10am Hatha Yoga with Gill 7:30pm Yin Yoga with Dora	27 9:15am Beginners Yoga with Dora	28
30 10am Mindful Movement & Breathwork 11:15am Meditation 12pm Yogic Sleep	1	2	3	4	5