



NOVEMBER 2018

MONTHLY EVENTS & WORKSHOPS

November 10th at 6:00PM-11:00PM: 3rd Annual Masquerade Ball

November 17th at 10:00AM-11:00AM: Tots Tall Tales w/ Stefania

November 17th at 4:00PM-5:00PM: Doterra Essential Oils 101 Workshop

November 20th at 5:30PM-6:30PM: Personalize a Coffee Mug!

The Shine House will be closed November 12th and 21st-23rd.

Yoga will be practiced November 12th.

TUESDAYS

Movement Studio

Core & Toning
9:00AM-10:00AM

Flexible Yoga
10:00AM-11:00AM

Cardio-Kickboxing
5:30PM-6:30PM

Art House

Open Studio
10:00AM-6:00PM

Health Matters Class
1:00PM-3:00PM

MONDAY

Shine Yoga
10:00AM-11:00AM

Open Studio
10:00AM-3:00PM

WEDNESDAYS

Movement Studio

Shine Yoga
10:00AM-11:00AM

Shine Yoga
5:30PM-6:30PM

Art House

Open Studio
10:00AM-6:00PM

THURSDAYS

Movement Studio

Shine Yoga
10:00AM-11:00AM

Art House

Open Studio
10:00AM-6:00PM

Health Matters Class
1:00PM-3:00PM

FRIDAYS

Movement Studio

Shine Yoga
10:00AM-11:00AM

Art House

Open Studio
10:00AM-6:00PM

SATURDAYS

Movement Studio

Shine Yoga w/ Jenny Williams
10:00AM-11:00AM

SUNDAYS

Movement Studio

Level 7 Meditation
8:30AM-9:30AM