



<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THRS</u>	<u>FRI</u>	<u>SAT</u>
						<b>8am Barre Basics</b> Mimi
<b>9:30 am Yoga Flow</b> 75 minutes Deb			<b>9:30 am Yoga Flow</b> 75 minutes Kathleen		<b>9:30am Yoga Flow</b> 75 Mins Deb	<b>9:15am Yoga Flow</b> 75 Mins Mimi
			<b>4:30pm Prenatal Pilates</b> 1 Hour Noelle			
	<b>6pm Yoga Flow</b> 75 mins Ellen	<b>6pm Barre Basics</b> 1 Hour Mimi	<b>6pm Yoga Flow</b> 75 Minutes Kathleen	<b>6pm Basic Yoga</b> 1 Hour Bobbi		<b>Kids Yoga Events:</b>
<b>5pm Restorative Yoga</b> 75 mins Michele		<b>7:15pm Prenatal Yoga</b> 1 Hour Ally		<b>7:15pm Restorative Yoga w. Aromatherapy</b> 75 Minutes Michele		<b>Nov. 14th Gratitude Class &amp; Nov. 20th Pj Party</b>

**Kids Gratitude Class:** Sat. Nov. 14th 3-4:30pm (ages 4-10)

**Kids Yoga Pj Party:** Friday Nov. 20th 6:30-7:30pm (ages 4-10)

**Candlelight Yoga:** Friday Dec. 4th 7-8:15pm

Pre-Registering for specialty classes is recommended.  
Please check our website for more details

**508-435-3366**

**www.AbsoluteYoga.net**

**77 WEST MAIN ST. HOPKINTON 508-435-3366**