

November 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 YTT 300 Vinyasa	2 Try a class from our On Demand Library	3 Feel Good Flow (Mindy) 9 am Yin/Yang (Mindy) 6 pm	4 Kundalini (Mindy) 8 am online only	5 Power Slow Flow (Danna) 10 am Gentle Flow (Danna) 6 pm	6 Try a class from our On Demand Library	7 Beginner (Danna) 9 am	
8 Try a class from our On Demand Library	9 Beginner (Mindy) 6 pm	10 Feel Good Flow (Mindy) 9 am Yin/Yang (Mindy) 6 pm	11 Kundalini (Mindy) 8 am online only	12 Power Slow Flow (Danna) 10 am Gentle Flow (Danna) 6 pm	13 no classes	14 YTT 300 Vinyasa	
15 YTT 300 Vinyasa	16 Try a class from our On Demand Library	17 Feel Good Flow (Mindy) 9 am Yin/Yang (Mindy) 6 pm	18 Kundalini (Mindy) 8 am online only	19 Power Slow Flow (Danna) 10 am Gentle Flow (Danna) 6 pm	20 Try a class from our On Demand Library	21 Beginner (Danna) 9 am	
22 no classes	23 Beginner (Mindy) 6 pm	24 Feel Good Flow (Mindy) 9 am Yin/Yang (Mindy) 6 pm	25 Kundalini (Mindy) 8 am online only	26 Happy Thanksgiving!	27 no classes	28 Try a class from our On Demand Library	
29 no classes	30 Try a class from our On Demand Library	www.ngyoga.com 706.350.4021 https://schedulebliss.com/ngyoga classes in studio and online					