

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 12:15* Barre w/ Alex 1:30 The Unwinder	<b>2</b> <i>No Messy Buns</i>
<b>3</b>	<b>4</b> <i>No Group Classes.</i>	<b>5</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>6</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>7</b> 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	<b>8</b> 12:15* Barre w/ Alex 1:30 The Unwinder	<b>9</b> 11:00* Messy Buns + Coffee
<b>10</b>	<b>11</b> <i>No Group Classes.</i>	<b>12</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>13</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>14</b> 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	<b>15</b> 12:15* Barre w/ Alex 1:30 The Unwinder	<b>16</b> 11:00* Messy Buns + Coffee
<b>17</b>	<b>18</b> <i>No Group Classes.</i>	<b>19</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>20</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>21</b> 10* Pilates x Yoga 11 * Flow + Ease 5:30 The Unwinder	<b>22</b> 12:15* Barre w/ Alex 1:30 The Unwinder	<b>23</b> 11:00* Messy Buns + Coffee
<b>24</b>	<b>25</b> <i>No Group Classes.</i>	<b>26</b> 9:30* Pilates 10:30 Messy Buns + Coffee 2:00* Flow + Ease	<b>27</b> 9:30* Pilates 10:30 Messy Buns + Coffee	<b>28</b> <i>No Classes.</i>	<b>29</b> <i>No Classes.</i>	<b>30</b> 11:00* Messy Buns + Coffee

\* 45-minute class