

VINYASA-FLOW THEMES: OCT-DEC, 2025

THURSDAYS 7-8:15PM		SUNDAYS 9-10:15PM	
Date	Theme	Date	Theme
Oct 2	Breath-Flow	Oct 5	Natural-Flow
Oct 9	Flexibility-Flow	Oct 12	Balance-Flow
Oct 16	Integration-Flow	Oct 19	Ashtanga-Flow
Oct 23	Natural-Flow	Oct 26	Power-Flow
Oct 30	Balance-Flow	Nov 2	Strength-Flow
Nov 6	Ashtanga-Flow	Nov 9	Breath-Flow
Nov 13	Power-Flow	Nov 16	Flexibility-Flow
Nov 20	Strength-Flow	Nov 23	Integration-Flow
Nov 27	Breath-Flow	Nov 30	Ashtanga-Flow
Dec 4	Flexibility-Flow	Dec 7	Power-Flow
Dec 11	Integration-Flow	Dec 14	Strength-Flow
Dec 18	Natrual-Flow	Dec 21	Breath-Flow
Dec 25	Balance-Flow	Dec 28	Ashtanga-Flow