

VINYASA FUSION THEMES: OCT - DEC, 2019

MONDAYS 7:40-8:55 PM

WEDNESDAYS 7:40-8:55 PM

Date	Theme	Date	Theme
Sep 30	Balance	Oct 2	Flexibility
Oct 7	Strength	Oct 9	Integration
Oct 14	Flexibility	Oct 16	Balance
Oct 21	Integration	Oct 23	Strength
Oct 28	Balance	Oct 30	Flexibility
Nov 4	Strength	Nov 6	Integration
Nov 11	Flexibility	Nov 13	Balance
Nov 18	Integration	Nov 20	Strength
Nov 25	Balance	Nov 27	Holiday
Dec 2	Strength	Dec 4	Integration
Dec 9	Flexibility	Dec 11	Balance
Dec 16	Integration	Dec 18	Strength
Dec 23	Balance	Dec 25	Holiday