

# VINYASA FUSION THEMES: OCT - DEC, 2019

TUESDAYS 5:45-7 PM		THURSDAYS 5:45-7 PM	
Date	Theme	Date	Theme
Oct 1	Integration	Oct 3	Strength
Oct 8	Balance	Oct 10	Flexibility
Oct 15	Strength	Oct 17	Integration
Oct 22	Flexibility	Oct 24	Balance
Oct 29	Integration	Oct 31	Strength
Nov 5	Balance	Nov 7	Flexibility
Nov 12	Strength	Nov 14	Integration
Nov 19	Flexibility	Nov 21	Balance
Nov 26	Integration	Nov 28	Holiday
Dec 3	Balance	Dec 5	Flexibility
Dec 10	Strength	Dec 12	Integration
Dec 17	Flexibility	Dec 19	Balance
Dec 24	Holiday	Dec 26	Strength