



# VINYASA-FLOW THEMES: OCT - DEC, 2024

MONDAYS 7-815PM FREMONT		THURSDAYS 7-815PM FREMONT		SUNDAYS 9-1015PM UNION CITY	
Date	Theme	Date	Theme	Date	Theme
		Oct 3	Breath-Flow	Oct 6	Natural-Flow
Oct 7	Power-Flow	Oct 10	Flexibility-Flow	Oct 13	Balance-Flow
Oct 14	Strength-Flow	Oct 17	Integration-Flow	Oct 20	Ashtanga-Flow
Oct 21	Breath-Flow	Oct 24	Natural-Flow	Oct 27	Power-Flow
Oct 28	Flexibility-Flow	Oct 31	Balance-Flow	Nov 3	Strength-Flow
Nov 4	Integration-Flow	Nov 7	Ashtanga-Flow	Nov 10	Breath-Flow
Nov 11	Natural-Flow	Nov 14	Power-Flow	Nov 17	Flexibility-Flow
Nov 18	Balance-Flow	Nov 21	Strength-Flow	Nov 24	Integration-Flow
Nov 25	Ashtanga-Flow	Nov 28	Breath-Flow	Dec 1	Natrual-Flow
Dec 2	Power-Flow	Dec 5	Flexibility-Flow	Dec 8	Integration-Flow
Dec 9	Strength-Flow	Dec 12	Integration-Flow	Dec 15	Natrual-Flow
Dec 16	Breath-Flow	Dec 19	Natrual-Flow	Dec 22	Balance-Flow
Dec 23	Flexibility-Flow	Dec 26	Balance-Flow	Dec 29	Ashtanga-Flow
Dec 30	Integration-Flow				