Motion Matters
Physical Therapy
& Wellness

NOVEMBER 2026 YOGA SCHEDULE

Tues, 11/03	10:00AM-11:00AM	**Gentle**
Thurs, 11/05	11:00AM-12:00PM	**Chair**
~~**Sat, 11/07**~~	~~8:30AM-9:30AM~~	~~**NO CLASS**~~
Tues, 11/10	10:00AM-11:00AM	**Gentle**
Thurs, 11/12	11:00AM-12:00PM	**Chair**
Sat, 11/14	8:30AM-9:30AM	**Beginner**
Tues, 11/17	10:00AM-11:00AM	**Gentle**
Thurs, 11/19	11:00AM-12:00PM	**Chair**
Sat, 11/21	8:30AM-9:30AM	**Beginner**
Tues, 11/24	10:00AM-11:00AM	**Gentle**
~~**Thurs, 11/26**~~	~~11:00AM-12:00PM~~	~~**NO CLASS**~~
Sat, 11/28	8:30AM-9:30AM	**Beginner**