

November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 5:00-6:30pm (Modo Flow) MY NDG 7-8:30pm (Yin) MY NDG
3	4	5 12:00-1:00pm (Modo Flow) MY Griffintown 1:30pm (Pilates) MY Griffintown	6 11:30-12:30pm (Pilates) MY NDG 1:30pm (Modo Flow) MY NDG	7	8	9
10	11	12	13	14	15	16
COSTA RICA STRONG, PEACEFUL, FREE BLUE SPIRIT YOGA RETREAT						
17	18	19 12:00-1:00pm (Modo Flow) MY Griffintown 1:30pm (Pilates) MY Griffintown	20 11:30-12:30pm (Pilates) MY NDG 1:30pm (Modo Flow) MY NDG	21	22	23
24	25	26 12:00-1:00pm (Modo Flow) MY Griffintown 1:30pm (Pilates) MY Griffintown	27 11:30-12:30pm (Pilates) MY NDG 1:30pm (Modo Flow) MY NDG	28	29	30 5:00-6:30pm (Modo Flow) MY NDG 7-8:30pm (Yin) MY NDG