

BEYOND PT SCHEDULE

NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:30 am – SlowFlow 10:00 am – Tai Chi	2
3	4	5 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	6 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement	7 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	8 7:30 am – SlowFlow 10:00 am – Tai Chi	9 9:30 am – Alignment Yoga - Level 2
10	11 12:00 pm – Melt Monday	12 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	13 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement	14 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	15 7:30 am – SlowFlow 10:00 am – Tai Chi	16 9:30 am – Alignment Yoga - Level 2
17	18	19 12:00 pm – Alignment Yoga - Level 1 6:00 pm – Alignment Yoga - Level 1.5	20 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement 1:00 pm – Essentrics	21 7:30 am – MELT & Move 6:00 pm – Alignment Yoga - Level 1	22 7:30 am – SlowFlow 10:00 am – Tai Chi	23 9:30 am – Alignment Yoga - Level 2
24	25	26	27 7:30 am – SlowFlow 9:00 am – MELT 10:00 am – Tai Chi 11:15 am – Movement	28 THANKSGIVING DAY OFFICES CLOSED	29 7:30 am – SlowFlow 10:00 am – Tai Chi	30

SlowFlow, *Jessica Day* | MELT, *Diane Shiffer* | Alignment Yoga, *DeeAnn Dougherty* | Tai Chi for Better Balance, *Jim Dalton*
 MELT Monday, *Kim Reis* | Exploring Movement, Exploring Stillness, *Jim Dalton* | Keep Moving with Essentrics, *Jan Landis*
 Pilates Flow Mat Class, *Shannon Coffel Vial* | MELT and Move, *Diane Shiffer*



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Scan the QR code with your phone
 to sign up for a Beyond PT class!

