

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30* Pilates 10:30 Messy Buns + Coffee	2 10* Pilates x Yoga 11 * Flow + Ease	3 1:30 The Unwinder	4 11:00* Messy Buns + Coffee
5	6 No group classes.	7 9:30* Pilates 10:30 Messy Buns + Coffee 12:15* Barre 2:00* Flow + Ease	8 9:30* Pilates 10:30 Messy Buns + Coffee	9 10* Pilates x Yoga 11 * Flow + Ease	10 1:30 The Unwinder	11 11:00* Messy Buns + Coffee
12	13 Happy Thanksgiving! ☺	14 9:30* Pilates 10:30 Messy Buns + Coffee 12:15* Barre 2:00* Flow + Ease	15 9:30* Pilates 10:30 Messy Buns + Coffee	16 10* Pilates x Yoga 11 * Flow + Ease	17 1:30 The Unwinder	18 11:00* Messy Buns + Coffee
19	20 No group classes.	21 9:30* Pilates 10:30 Messy Buns + Coffee 12:15* Barre 2:00* Flow + Ease	22 9:30* Pilates 10:30 Messy Buns + Coffee	23 10* Pilates x Yoga 11 * Flow + Ease	24 1:30 The Unwinder	25 11:00* Messy Buns + Coffee
26	27 No group classes.	28 9:30* Pilates 10:30 Messy Buns + Coffee 12:15* Barre 2:00* Flow + Ease	29 9:30* Pilates 10:30 Messy Buns + Coffee	30 10* Pilates x Yoga 11 * Flow + Ease	31 1:30 The Unwinder	Nov 1 11:00* Messy Buns + Coffee

* 45-minute class