

November 2025

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

* 45-minute class