


YOGA/Fitness Studio

July 2010

462-3900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	2 9:00 – 10:00 Ashleigh 1:00 - Christina 6:00 – 7:00 Susan 7:30 – 8:30 Suzanne	1 9:00 – 10:00 Susan 7:00 – 8:00 Zumba	2 9:00 – 10:00 Christina	3 Intro Week 6 **9:00 – 10:15
4	5 9:00 – 10:00 Christina 7:30 – 8:30 Susan	6 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	7 9:00 – 10:00 Ashleigh 1:00 - Christina 6:00 – 7:00 Susan 7:30 – 8:30 Suzanne	8 9:00 – 10:00 Susan 7:00 – 8:00 Zumba	9 9:00 – 10:00 Christina	10 9:00 – 10:00 Susan
11	12 9:00 – 10:00 Christina 7:30 – 8:30 Susan	13 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh 7:00 – 8:00 Zumba	14 9:00 – 10:00 Ashleigh 1:00 - Christina 6:00 – 7:00 Susan 7:30 – 8:30 Suzanne	15 9:00 – 10:00 Susan 7:00 – 8:00 Zumba	16 9:00 – 10:00 Christina	17 9:00 – 10:00 Susan
18	19 9:00 – 10:00 Christina 7:30 – 8:30 Susan	20 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh 7:00 – 8:00 Zumba	21 9:00 – 10:00 Ashleigh 1:00 - Christina 6:00 – 7:00 Susan 7:30 – 8:45 Susan	22 9:00 – 10:00 Susan 7:00 – 8:00 Zumba	23 9:00 – 10:00 Christina	24 No Classes
25	26 9:00 – 10:00 Christina 7:30 – 8:30 Susan	27 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh 7:00 – 8:00 Zumba	28 9:00 – 10:00 Ashleigh 1:00 - Christina 6:00 – 7:00 Susan 7:30 – 8:45 Susan	29 9:00 – 10:00 Susan 7:00 – 8:00 Zumba	30 9:00 – 10:00 Christina	31 9:00 – 10:00 Susan
** Intro to Yoga is NOT an open class. It is a six-week session. Next session starting July 21 at 7:30 pm.			Coming in September: YOGA & Women's Health Issues: Take Control!			

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	