


# YOGA/Fitness Studio

## October 2010

462-3900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 – 10:00 Christina	2 9:00 – 10:00 Susan
3 9:30 – 11:30 Yoga at the Confluence Cahokia Mounds	4 9:00 – 10:00 Christina 4:00 – 5:00 Christina 7:00 – 8:00 Tai Chi	5 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	6 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan	7 5:30-6:15 Zumba	8 9:00 – 10:00 Christina	9 9:00 – 10:00 Susan
10 9:00 – 10:00 Susan	11 9:00 – 10:00 Christina 4:00 – 5:00 Christina 7:00 – 8:00 Tai Chi	12 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	13 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan	14 5:30-6:15 Zumba	15 9:00 – 10:00 Christina	16 9:00 – 10:00 Susan
17 9:00 – 10:00 Susan	18 9:00 – 10:00 Christina 4:00 – 5:00 Christina 7:00 – 8:00 Tai Chi	19 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	20 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan 7:30 – 8:30 Intro Yoga	21 5:30-6:15 Zumba	22 9:00 – 10:00 Christina	23 9:00 – 10:00 Susan
24 9:00 – 10:00 Susan	25 9:00 – 10:00 Christina 4:00 – 5:00 Christina 7:00 – 8:00 Tai Chi	26 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	27 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan 7:30 – 8:30 Intro Yoga	18 5:30-6:15 Zumba	19 9:00 – 10:00 Christina	30 9:00 – 10:00 Susan
31 9:00 – 10:00 Susan			<b>Intro to Yoga –                      5 week series                      begins Oct. 20                      with Susan.</b>			