


YOGA/Fitness Studio

August 2010

462-3900

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00 – 10:00 Christina 4:00 – 5:00 Christina	3 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	4 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan	5 9:00 – 10:00 Susan	6 9:00 – 10:00 Christina	7 9:00 – 10:00 Susan
8	9 9:00 – 10:00 Christina 4:00 – 5:00 Christina	10 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	11 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan	12 9:00 – 10:00 Susan	13 9:00 – 10:00 Christina	14 9:00 – 10:00 Susan
15	16 9:00 – 10:00 Christina 4:00 – 5:00 Christina	17 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	18 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan	19 9:00 – 10:00 Susan	20 9:00 – 10:00 Christina	21 9:00 – 10:00 Susan
22	23 9:00 – 10:00 Christina 4:00 – 5:00 Christina	24 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh	25 9:00 – 10:00 Ashleigh 4:00 – 5:00 Christina 6:00 – 7:00 Susan	26 9:00 – 10:00 Susan	27 9:00 – 10:00 Christina	28 No Class
29	30 9:00 – 10:00 Christina 4:00 – 5:00 Christina	31 9:00 – 10:00 Theresa 5:30 – 6:30 Ashleigh		Coming in September: Yoga's Impact: Women's Health Issues	Also in September: Introduction to Yoga	