

Practice: June 2015

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|--------|---------------------------|--------|
| 1 7p Matwork [Patrick] | 2 12p Restorative Yoga [Annie] 7p Power Flow Yoga [Joan] FREE CLASS | 3 9a Group Reformer [Leslie] 7p Group Reformer [Kitty] | 4 500p 30 Minute Jumpboard Class [Leslie] | 5 | 6 10a Matwork [Kitty] | 7 |
| 8 7p Matwork [Patrick] | 9 12p Restorative Yoga [Annie] 7p Power Flow Yoga [Joan] | 10 9a Group Reformer [Leslie] 7p Group Reformer [Kitty] | 11 500p 30 Minute Jumpboard Class [Leslie] | 12 | 13 10a Matwork [Kitty] | 14 |
| 15 7p Matwork [Patrick] | 16 12p Restorative Yoga [Annie] 7p Power Flow Yoga [Joan] | 17 9a Group Reformer [Leslie] 7p Group Reformer [Kitty] | 18 530p 30 Minute Jumpboard Class [Leslie] | 19 | 20 10a Matwork [Kitty] | 21 |
| 22 7p Matwork [Teresa] FREE CLASS | 23 12p Restorative Yoga [Annie] 7p Power Flow Yoga [Joan] | 24 9a Group Reformer [Leslie] 7p Group Reformer [Kitty] | 25 500p 30 Minute Jumpboard Class [Leslie] | 26 | 27 10a Matwork [Kitty] | 28 |
| 29 7p Matwork [Patrick] | 30 12p Restorative Yoga [Annie] 7p Power Flow Yoga [Joan] | | | |] | |

EVENTS

PRACTICE
FITNESS FOR LIFE
5575 FAR HILLS AVE
DAYTON, OH 45429
937-432-9399 (STUDIO)
WWW.PRACTICE-CENTER.COM

CLASS CHANGES:

New Yoga Class! Power Flow Yoga with Joan Wire RYT will on Tuesday evenings at 7p, starting June 2nd. Joan's first class is FREE, please come join us!

The Matwork class on Monday, June 22nd will be taught by Apprentice Teresa DiCarlo and will be free as well!