

# Practice: July 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7p Matwork [Patrick]	2 12p Restorative Yoga [Annie] 7p Vinyasa Flow Yoga [Joan]	1 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	2 500p 30 Minute Jumpboard Class [Leslie]	3	4 <b>HAPPY 4<sup>TH</sup> of JULY!</b>	5
6 7p Matwork [Teresa]	7 12p Restorative Yoga [Annie] 7p Vinyasa Flow Yoga [Joan]	8 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	9 500p 30 Minute Jumpboard Class [Leslie]	10	11 10a Matwork [Kitty]	12
13 7p Matwork [Patrick]	14 12p Restorative Yoga [Annie] 7p Vinyasa Flow Yoga [Joan]	15 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	16 530p 30 Minute Jumpboard Class [Leslie]	17	18 10a Matwork [Kitty]	19
20 7p Matwork [Aly]	21 12p Restorative Yoga [Joy] 7p Vinyasa Flow Yoga [Matt]	22 9a Group Reformer [Leslie] 7p Group Reformer [Jenny]	23 500p 30 Minute Jumpboard Class [Leslie]	24	25 10a Matwork [Kitty]	26
27 7p Matwork [Patrick]	28 12p Restorative Yoga [Annie] 7p Vinyasa Flow Yoga [Joan]	29 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	30 500p 30 Minute Jumpboard Class [Leslie]	31		

## EVENTS

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

### CLASS CHANGES:

The studio will be closed on  
Saturday, July 4<sup>th</sup> for the  
Holiday.