

Practice: October 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 500p 30-Minute Jumpboard Class [Leslie]	2 12p – 530p Intensive Barrels [Patrick]	3 10a Matwork [Aly] 12p – 530p Intensive Barrels [Patrick]	4 9a – 4p CORE WORKSHOPS [Bob Andersen]
5 7p Matwork [Patrick]	6 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	7 7p Group Reformer [Leslie]	8 500p 30-Minute Jumpboard Class [Leslie]	9	10 10a Matwork [Kitty]	11 9a Vinyasa Flow Yoga [Joan]
12 7p Matwork [Matt]	13 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	14 7p Group Reformer [Kitty]	15 530p 30-Minute Jumpboard Class [Leslie]	16	17 10a Matwork [Kitty]	18 9a Vinyasa Flow Yoga [Joan]
19 7p Matwork [Teresa]	20 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	21 7p Group Reformer [Kitty]	22 500p 30-Minute Jumpboard Class [Leslie]	23	24 10a Matwork [Kitty]	25 9a Vinyasa Flow Yoga [Matt]
26 7p Matwork [Aly]	27 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	28 7p Group Reformer [Kitty]	29 500p 30-Minute Jumpboard Class [Leslie]	30	31 10a Matwork [Kitty]	

EVENTS

PRACTICE FITNESS
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CLASS CHANGES:

The 9am Sunday Vinyasa
Yoga class is cancelled for
October 4th, but will resume
on October 11th