

Practice: August 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 10a Matwork [Kitty]	2 9a-1015 Sunday Flow Yoga [Joan]
3 7p Matwork [Aly]	4 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	5 7p Group Reformer [Kitty]	6 500p 30 Minute Jumpboard Class [Leslie]	7	8 10a Matwork [Kitty]	9 9a-1015 Sunday Flow Yoga [Joan]
10 7p Matwork [Aly]	11 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	12 7p Group Reformer [Kitty]	13 530p 30 Minute Jumpboard Class [Leslie]	14	15 10a Matwork [Kitty]	16 9a-1015 Sunday Flow Yoga [Joan]
17 7p Matwork [Aly]	18 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	19 7p Group Reformer [Kitty]	20 500p 30 Minute Jumpboard Class [Leslie]	21	22 10a Matwork [Kitty]	23 9a-1015 Sunday Flow Yoga [Joan]
24/31 7p Matwork [Patrick]	25 9a Group Reformer [Teresa] 12p Restorative Yoga [Annie]	26 7p Group Reformer [Kitty]	27 500p 30 Minute Jumpboard Class [Leslie]	28	29 10a Matwork [Kitty]	30 9a-1015 Sunday Flow Yoga [Joan]

EVENTS

PRACTICE
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CLASS CHANGES:

The Grouper Reformer & Equipment class on Wednesday morning will move to Tuesdays at 9am, starting August 4th.

The Flow Yoga class with Joan Wire on Tuesdays will move to Sundays at 9am, starting August 2nd.