

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 9:00- Ageless Mixed Lev – JoRoyce 9:30-Yin-Louise 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Brier 6:30-Prenat-Resume Fall	2 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Kerry 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5-Level 2-Resume Fall 6:30-Level 1-Kerry	3 9:00-Level 3-Louise 9:00-Med-Sandy 10:30-Level 1-Christina 10:30- Ageless/Gentle-Sandy	4 9AM-Mixed Level-Liz 9AM-Mindful-Mary
5	6 9- Ageless Lev 1-Christina 10:30-Level 2-Randi 10:30- Ageless/Gentle-Sandy 6:00-Yin-Brier 6:00- Gentle-Sandy	7 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Christina 5:00- Level 2 –Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	8 9:00 - Ageless Mixed Lev-Carolyn 9:30-Yin-Linda 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Kerry 6:30-Prenat-Resume Fall	9 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn (balls) 5-Level 2-Resume Fall 6:30-Level 1-GeGe	10 9:00-Level 3-Randi 9:00-Med/Restore-Christina 10:30-Level 1-Randi 10:30- Ageless/Gentle-Carolyn	11 9AM-Mixed Level-Randi 9AM-Mindful-Jim
12	13 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Carolyn (balls) 6:00-Yin-Mary Lou 6:00- Gentle- Mary	14 9:00-Level 1-Christina 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	15 9:00- Ageless Mixed Lev-JoRoyce 9:30-Yin-Mary Lou 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Randi 6:30-Prenat-Resume Fall	16 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5-Level 2-Resume Fall 6:30-Level 1-Debbie	17 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Sue (balls) 10:30- Ageless/Gentle-Mary Lou	18 9AM-Mixed Level-Mary Lou 9AM-Mindful-Sandy
19	20 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Carolyn 6:00-Yin-JoRoyce 6:00- Gentle-Sandy	21 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	22 9:00- Ageless Mixed Lev-Mary Lou 9:30-Yin-Linda 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Kerry 6:30-Prenat-Resume Fall	23 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Sandy 5-Level 2-Resume Fall 6:30-Level 1-GeGe	24 9:00-Level 3-Randi 9:00-Med/Restore-Christina 10:30-Level 1-Randi 10:30- Ageless/Gentle-Carolyn	25 9AM-Mixed Level-Kerry 9AM-Mindful-Mary
26	27 9- Ageless Lev 1-Heather 10:30-Level 2-Randi 10:30- Ageless/Gentle-Sandy 6:00-Yin-Mary Lou 6:00- Gentle- Mary	28 9:00-Level 1-Randi 10:30-Level 3-Randi 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Debbie 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Debbie	29 9:00- Ageless Mixed Lev-Carolyn 9:30-Yin-Mary Lou 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Brier 6:30-Prenat-Resume Fall	30 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn 5-Level 2-Resume Fall 6:30-Level 1-Kerry	31 9:00-Level 3-Kerry 9:00-Med-Mary Lou 10:30-Level 1-Christina (balls) 10:30- Ageless/Gentle-Mary Lou	

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