



COUNTRYSIDE YMCA | LANDEN YOGA CLASSES

FEBRUARY 2017

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1	2	3 9:15-10:30A Warm Yoga \$ Karen (S)	4
5	6 9:15-10:30A Yoga \$ Juli (S)	7 9:15-10:30A Hot Yoga \$ Christy (S)	8 9:15-10:15A Warm Yoga 20 \$ Christy (S)	9 9:15-10:30A Hot Yoga \$ Deanna (S)	10 9:15-10:30A Warm Yoga \$ Karen (S)	11
12	13 9:15-10:30A Yoga \$ Juli (S)	14 9:15-10:30A Hot Yoga \$ Christy (S)	15	16 9:15-10:30A Hot Yoga \$ Deanna (S)	17 9:15-10:30A Warm Yoga \$ Karen (S)	18
19	20 9:15-10:30A Yoga \$ Juli (S)	21 9:15-10:30A Hot Yoga \$ Christy (S)	22 9:15-10:15A Warm Yoga 20 \$ Christy (S)	23 9:15-10:30A Hot Yoga \$ Deanna (S)	24 9:15-10:30A Warm Yoga \$ Karen (S)	25
26	27 9:15-10:30A Yoga \$ Juli (S)	28 9:15-10:30A Hot Yoga \$ Christy (S)				
				LOCATIONS (S) - Spirit Studio FEES \$ - Class is an additional fee		

MARCH 2017

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1	2	3 9:15-10:30A Warm Yoga \$ Karen (S)	4
5	6 9:15-10:30A Yoga \$ Juli (S)	7 9:15-10:30A Hot Yoga \$ Christy (S)	8 9:15-10:15A Warm Yoga 20 \$ Christy (S)	9 9:15-10:30A Hot Yoga \$ Deanna (S)	10 9:15-10:30A Warm Yoga \$ Karen (S)	11
12	13 9:15-10:30A Yoga \$ Juli (S)	14 9:15-10:30A Hot Yoga \$ Christy (S)	15	16 9:15-10:30A Hot Yoga \$ Deanna (S)	17 9:15-10:30A Warm Yoga \$ Karen (S)	18
19	20 9:15-10:30A Yoga \$ Juli (S)	21 9:15-10:30A Hot Yoga \$ Christy (S)	22 9:15-10:15A Warm Yoga 20 \$ Christy (S)	23 9:15-10:30A Hot Yoga \$ Deanna (S)	24 9:15-10:30A Warm Yoga \$ Karen (S)	25
26	27 9:15-10:30A Yoga \$ Juli (S)	28 9:15-10:30A Hot Yoga \$ Christy (S)	29	30	31	
				LOCATIONS (S) - Spirit Studio FEES \$ - Class is an additional fee		