



# COUNTRYSIDE YMCA | LANDEN YOGA CLASSES

JUNE 2017						
SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
				<b>1</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>2</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>3</b>
<b>4</b>	<b>5</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>6</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>7</b>	<b>8</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>9</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>10</b>
<b>11</b>	<b>12</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>13</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>14</b>	<b>15</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>16</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>17</b>
<b>18</b>	<b>19</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>20</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>21</b>	<b>22</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>23</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>24</b>
<b>25</b>	<b>26</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>27</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>28</b>	<b>29</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>30</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	
				<b>LOCATIONS</b> (S) - Spirit Studio <b>FEES</b> \$ - Class is an additional fee		
JULY 2017						
SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						<b>1</b>
<b>2</b>	<b>3</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>4</b> <b>Closed for 4<sup>th</sup> of July</b>	<b>5</b>	<b>6</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>7</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>8</b>
<b>9</b>	<b>10</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>11</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>12</b>	<b>13</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>14</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>15</b>
<b>16</b>	<b>17</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>18</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>19</b>	<b>20</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>21</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>22</b>
<b>23</b>	<b>24</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)	<b>25</b> 9:15-10:30A <b>Hot Yoga \$</b> Christy (S)	<b>26</b>	<b>27</b> 9:15-10:30A <b>Hot Yoga \$</b> Deanna (S)	<b>28</b> 9:15-10:30A <b>Warm Yoga \$</b> Karen (S)	<b>29</b>
<b>30</b>	<b>31</b> 9:15-10:30A <b>Yoga \$</b> Deanna (S)					
				<b>LOCATIONS</b> (S) - Spirit Studio <b>FEES</b> \$ - Class is an additional fee		