



COUNTRYSIDE YMCA | LANDEN YOGA CLASSES

APRIL 2017

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

MAY 2017

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