

**August
2018
North Wing**

Free Range Yoga and Community Wellness Center

North Wing - 122 N Lafayette Street - Macomb Square
www.freerangeyoga.us



Sunday		Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Drop in for \$12/class On Facebook: Free Range Yoga Questions? Contact Kindra 309-333-6703 or kindramartin4@gmail.com or Dawn 309-333-5069 or dawn@freerangeyoga.us			<i>Your time: Personal Training - Contact Kindra! \$30/hour</i> <i>Clean Your Plate Online Facebook Group - \$20/mo.</i>	10:30am: Functional Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	5:45am: Strength Blast 7:00am: Strength Blast 12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training	8:00am: Strength Blast
5	6	7	8	9	10	11	11
AM		5:45am: Strength Blast 7:00am: Strength Blast		*No class	*No class	*No class	
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Functional Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting				
12	13 Registration	14	15	16	17	18	18
AM		5:45am: Strength Blast 7:00am: Strength Blast		5:45am: Strength Blast 7:00am: Strength Blast		8:00am: Strength Blast	
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Functional Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training		
19	20	21	22 Registration Ends	23	24	25	25
AM		5:45am: Strength Blast 7:00am: Strength Blast		5:45am: Strength Blast 7:00am: Strength Blast		8:00am: Strength Blast	
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Functional Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training		
26	27	28	29	30	31	31	31
AM		5:45am: Strength Blast 7:00am: Strength Blast		5:45am: Strength Blast 7:00am: Strength Blast			
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	10:30am: Functional Strength 12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training		