

**September  
2018  
North Wing**

# Free Range Yoga and Community Wellness Center

North Wing - 122 N Lafayette Street - Macomb Square  
[www.freerangeyoga.us](http://www.freerangeyoga.us)



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