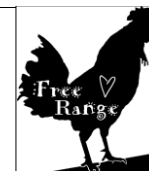


**September
2018
South Wing**

Free Range Yoga and Community Wellness Center

South Wing - 118 N Lafayette Street - Macomb Square
www.freerangeyoga.us



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in for \$12/class On Facebook: Free Range Yoga Questions? Contact the teacher or Dawn 309-333-5069 or email dawn@freerangeyoga.us		<i>Dawn's Online Yoga Classes</i> <i>Yoga anytime \$19.99/mo.</i> <i>freerangeyoga.us/online</i>	<i>Feel pain, strain, tension?</i> <i>Schedule a Yoga Therapy</i> <i>session with Dawn today!</i>			1
2	3	4	5	6	7	8
AM	9:00am: Zumba Gold	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Zumba Gold 10:00am: Mighty Yoga	8:45am: YogaFaith 10:00am: Chair Yoga	6:00am: Rise & Shine 9:00am: Body Works 10:00am: Mighty Yoga	
PM	5:30pm: Zumba	5:00pm: Yoga for All 6:30pm: Body Works	4:00pm: Yoga Revive 5:30pm: Zumba Circuit	5:00pm: Yoga for All 6:30pm: Body Works		
9	10 Registration	11	12	13	14	15
AM	9:00am: Zumba Gold 10:30am: Chi Flow	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Zumba Gold 10:00am: Mighty Yoga	8:45am: YogaFaith 10:00am: Chair Yoga	6:00am: Rise & Shine 9:00am: Body Works 10:00am: Mighty Yoga	
PM	12:05pm: Tai Chi/Qigong 5:30pm: Zumba	5:00pm: Yoga for All 6:30pm: Body Works	12:05pm: Tai Chi/Qigong 4:00pm: Yoga Revive <i>FREE! for new students</i> 5:30pm: Zumba Circuit	5:00pm: Yoga for All 6:30pm: Body Works		
16	17	18	19 Registration Ends	20	21	22
AM	9:00am: Zumba Gold 10:30am: Chi Flow	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Zumba Gold 10:00am: Mighty Yoga	8:45am: YogaFaith 10:00am: Chair Yoga	6:00am: Rise & Shine 9:00am: Body Works 10:00am: Mighty Yoga	
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23/30	24	25	26	27	28	29
AM	9:00am: Zumba Gold 10:30am: Chi Flow	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Zumba Gold 10:00am: Mighty Yoga	8:45am: YogaFaith 10:00am: Chair Yoga	6:00am: Rise & Shine 9:00am: Body Works 10:00am: Mighty Yoga	
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