

**October
2018
North Wing**

Free Range Yoga and Community Wellness Center

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



Sunday		Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
AM			*No class	10:30am: Functional Strength	*No class		 Congrats Kindra & Justin!
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting			12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting		12:15pm: Cross Training	
7		8	9	10	11	12	13
AM			*No class	10:30am: Functional Strength	*No class		
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting			12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting		12:15pm: Cross Training	
14		15 Registration	16	17	18	19	20
AM			*No class	10:30am: Functional Strength	7:00am: Strength Blast		8:00am: Strength Blast
PM	12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting			12:15pm: Lunch Blast 5:20pm: Strength Blast 6:30pm: Powerlifting	12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training	
21		22	23	24 Registration Ends	25	26	27
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	
28		29	30	31			
AM		7:00am: Strength Blast		10:30am: Functional Strength	<i>Your time: Personal Training - Contact Kindra! \$30/hour</i>		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
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	<i>Clean Your Plate Online Facebook Group - \$20/mo.</i>		