

**November
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
4		5	6	7	8	9	10
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> Yoga anytime \$19.99/mo. freerangeyoga.us/online			8:45am: YogaFaith 10:00am: Chair Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
		<i>Feel pain, strain, tension?</i> <i>Schedule a Yoga Therapy session with Dawn today!</i>			5:00pm: Yoga for All		
11		12	13	14	15	16	17
AM			9:00am: Body Works 10:00am: Chair Yoga		8:45am: YogaFaith 10:00am: Chair Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
PM	10:30am: Chi Flow 12:05pm: Tai Chi/Qigong			10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong 4:15pm: Yoga Revive			
6:00pm: Swing Dance	5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All		5:30pm: Zumba	5:00pm: Yoga for All		10:00am-11:00am: Free! Taste of Tai Chi Wkshp <i>*Accepting Food or cash donations for Loaves and Fishes Food Pantry</i> ** Contact Bill
18		19	20	21	22	23	24
AM			9:00am: Body Works 10:00am: Chair Yoga	10:00am: Mighty Yoga	*No classes 	*No classes	
PM	10:30am:FREE! Chi Flow* 12:05pm:FREE! Tai Chi* <i>*donation Loaves/Fishes Food Pantry</i>						
6:00pm: Swing Dance	5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All		5:30pm: Zumba			
25		26	27	28	29	30	
AM			9:00am: Body Works 10:00am: Chair Yoga		8:45am: YogaFaith 10:00am: Chair Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
PM	10:30am: Chi Flow 12:05pm: Tai Chi/Qigong			10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong			
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