

**December
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	Thursday	Friday	Saturday
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>				8:00am: Strength Blast
			<i>Clean Your Plate Online Facebook Group - \$20/mo.</i>				
2	3	4	5	6	7	8	
AM		7:00am: 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: Older Adult Strength 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		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: Older Adult Strength 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		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: Older Adult Strength 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	24/31	25	26	27	28	29	
AM	*No Classes	*No Classes	*No Classes	7:00am: Strength Blast		8:00am: Strength Blast	
				12:15: Cross Training 4:30pm: Cross Training	12:15pm: Cross Training		