


**December
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
							1
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 <i>Feel pain, strain, tension?</i> Schedule a Yoga Therapy session with Dawn today!				
2		3	4	5	6	7	8
AM			9:00am: Body Works 10:00am: Chair Yoga				
PM		10:30am: Chi Flow 12:05pm: Tai Chi/Qigong		10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong	10:00am: Chair Yoga		
	4:45pm: Swing Dance - Intro 6:00: Swing Dance - Level 2	5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All 6:15pm: Shred Yoga	5:30pm: Zumba	5:00pm: Yoga for All 6:15pm: Shred Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
9		10 Registration	11	12	13	14	15
AM			9:00am: Body Works 10:00am: Chair Yoga				
PM		10:30am: Chi Flow 12:05pm: Tai Chi/Qigong		10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong	10:00am: Chair Yoga		
	4:45pm: Swing Dance - Intro 6:00: Swing Dance - Level 2	5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All 6:15pm: Shred Yoga	5:30pm: Zumba	5:00pm: Yoga for All 6:15pm: Shred Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
16		17	18	19 Registration Ends	20	21	22
AM			9:00am: Body Works 10:00am: Chair Yoga				
PM		10:30am: Chi Flow 12:05pm: Tai Chi/Qigong		10:00am: Mighty Yoga 12:05pm: Tai Chi/Qigong	10:00am: Chair Yoga		
	4:45pm: Swing Dance - Intro 6:00: Swing Dance - Level 2	5:20pm: Free! Zumba Mini 5:30pm: Zumba	5:00pm: Yoga for All 6:15pm: Shred Yoga	5:30pm: Zumba	5:00pm: Yoga for All 6:15pm: Shred Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
23/30		24/31	25	26	27	28	29
AM		*No Class	*No Class				
PM				9:00am: Body Works 10:00am: Mighty Yoga	9:00am: Body Works 10:00am: Chair Yoga	9:00am: Body Works 10:00am: Mighty Yoga	
				5:30pm: Zumba	5:00pm: Yoga for All		