


**December
2020**

Free Range Yoga and Community Wellness Center

South Wing - 118 N Lafayette Street - Macomb Square

www.freerangeyoga.us



Sunday		Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
Free Range classes are available live on Zoom - contact the teacher for payment info and the link. Dawn's classes are also available "On Demand" to rent for \$10/class. See Class Descriptions for details. On Facebook: Free Range Yoga. Questions? Contact Dawn 309-333-5069 or dawn@freerangeyoga.us			10:00am: Chair Yoga	10:00am: Mighty Yoga	10:00am: Chair Yoga	10:00am: Mighty Yoga	Some Saturday yoga classes will occur. Follow us on Facebook for details.
			5:15pm: Yoga for All		5:15pm: Yoga for All		
6	7	8	9	10	11	12	
AM	10:30am: Chi Flow	10:00am: Chair Yoga	10:00am: Mighty Yoga	10:00am: Chair Yoga	10:00am: Mighty Yoga		
PM	12:05pm: Tai Chi & Qigong	5:15pm: Yoga for All		5:15pm: Yoga for All			
13	14 Registration	15	16	17	18	19	
AM	10:30am: Chi Flow	10:00am: Chair Yoga	10:00am: Mighty Yoga	10:00am: Chair Yoga	10:00am: Mighty Yoga		
PM	12:05pm: Tai Chi & Qigong	5:15pm: Yoga for All		5:15pm: Yoga for All			
20	21	22	23 Registration Ends	24	25	26	
AM	10:30am: Chi Flow	10:00am: Chair Yoga	10:00am: Mighty Yoga	*No Classes	*No Classes		
PM	12:05pm: Tai Chi & Qigong	5:15pm: Yoga for All					
27	28	29	30	31			
AM	10:30am: Chi Flow	*No Classes	*No Classes	*No Classes	<i>\$50/hour. Want a private group class for family and friends? Add \$10 per person</i>	<i>Schedule a private yoga therapy or yoga class with Dawn today! Offering "In Studio" \$68/hr and on Zoom for \$50/hour</i>	
PM	12:05pm: Tai Chi & Qigong						