

**January
2021**

Free Range Yoga and Community Wellness Center

South Wing - 118 N Lafayette Street - Macomb Square

www.freerangeyoga.us



		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
		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		<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>		*No Classes 	Some Saturday yoga classes will occur. Follow us on Facebook for details.
	3		4	5	6	7	8	9
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			
	10	11 Registration	12	13	14	15	16	
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			
	17	18	19	20 Registration Ends	21	22	23	
AM		10:30am: Chi Flow <i>*Free Class in observance of the Martin Luther King, Jr. holiday</i>	10:00am: Chair Yoga	10:00am: Mighty Yoga	10:00am: Chair Yoga	10:00am: Mighty Yoga		
PM		12:05pm: Tai Chi & Qigong <i>*Free Class in observance of the Martin Luther King, Jr. holiday</i>	5:15pm: Yoga for All		5:15pm: Yoga for All			
	24/31	25	26	27	28	29	30	
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			