

Practice: December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	2 6p Hatha Yoga Level 1 (All levels) [Joy] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	3 7a Group Reformer (Intermediate) [Patrick] 11a TRX/Mat Combo (Intermediate) [Kitty]	4 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	5
6 7p Matwork (All levels) [Patrick]	7 12p Group Reformer (All levels) [Patrick]	8 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	9 6p Hatha Yoga Level 1 (All levels) [Joy] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	10 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy] 11a TRX/Mat Combo (Intermediate) [Kitty]	11 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	12 Practice Strength Support Group 9a
13 7p Matwork (All levels) [Patrick]	14 12p Group Reformer (All levels) [Patrick]	15 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	16 6p Hatha Yoga Level 1 (All levels) [Joy] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	17 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy] 11a TRX/Mat Combo (Intermediate) [Kitty]	18 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	19
20 7p Matwork (All levels) [Patrick]	21 12p Group Reformer (All levels) [Patrick]	22 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	23 6p Hatha Yoga Level 1 (All levels) [Joy] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	24 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy] 11a TRX/Mat Combo (Intermediate) [Kitty]	25 MERRY CHRISTMAS!	26
27 7p Matwork (All levels) [Patrick]	28 12p Group Reformer (All levels) [Patrick]	29 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	30 6p Hatha Yoga Level 1 (All levels) [Joy] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	31 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy] 11a TRX/Mat Combo (Intermediate) [Kitty] NEW YEARS EVE!	1 NEW YEARS DAY 10a FREE Matwork (all levels) [Patrick]	

EVENTS

Class changes

1) Yoga is cancelled Friday, 12/3. Please consider Thursday evening, 12/2, at either 6p or 7p!

Free New Years Day Mat Class!!

Get the year started right (or work off the grogginess from New Year's Eve) with Patrick's Fab Matwork Class, 10am on 1/1/11.

And more:

See the "what's new" page at our website, www.practice-center.com, for a full list of fun in and outside the studio