

Practice: January 2011

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

EVENTS

Class Changes:

Our Thursday 7p yoga class moves to Tuesday, starting Jan 11, at 7p. The Thurs. 6p class is cancelled for the winter.

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