



August 2017

\$10 class drop-in fee or 8 class punch card for \$40.
Punch cards expire 8 weeks after purchase.

Personal Training or Private Lessons \$35/hr or 4/\$100. Sorry No Refunds.



| Sun | Mon | Tue 1 | Wed 2 | Thur 3 | Fri 4 | Sat 5 |
|--------|---|---|--|--|--------|--|
| | | 10am - Yoga - w/Lora 6p - Tabata w/Kat | 6p - Advanced Belly Dance-w/Afsana 7p - Intro to Belly Dance-w/Afsana | 10am - Yoga - w/Lora 6p FIT w/Lora 7p - Yoga - w/Lora | | 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana |
| Sun 6 | Mon 7 6p FIT w/Lora 7p - Yoga - w/Lora | Tue 8 10am - Yoga - w/Lora 6p - Tabata w/Kat | Wed 9 6p - Advanced Belly Dance-w/Afsana 7p - Intro to Belly Dance-w/Afsana | Thur 10 10am - Yoga - w/Lora 6p FIT w/Lora 7p - Yoga - w/Lora | Fri 11 | Sat 12 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana |
| Sun 13 | Mon 14 6p FIT w/Lora 7p - Yoga - w/Lora | Tue 15 10am - Yoga - w/Lora 6p - Tabata w/Kat | Wed 16 6p - Advanced Belly Dance-w/Afsana 7p - Intro to Belly Dance-w/Afsana | Thur 17 10am - Yoga - w/Lora 6p FIT w/Lora 7p - Yoga - w/Lora | Fri 18 | Sat 19 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana |
| Sun 20 | Mon 21 6p FIT w/Lora 7p - Yoga - w/Lora | Tue 22 10am - Yoga - w/Lora 6p - Tabata w/Kat | Wed 23 6p - Advanced Belly Dance-w/Afsana 7p - Intro to Belly Dance-w/Afsana | Thur 24 10am - Yoga - w/Lora 6p FIT w/Lora 7p - Yoga - w/Lora | Fri 25 | Sat 26 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana |
| Sun 27 | Mon 28 6p FIT w/Lora 7p - Yoga - w/Lora | Tue 29 10am - Yoga - w/Lora 6p - Tabata w/Kat | Wed 30 6p - Advanced Belly Dance-w/Afsana 7p - Intro to Belly Dance-w/Afsana | Thur 31 10am - Yoga - w/Lora 6p FIT w/Lora 7p - Yoga - w/Lora | Fri 1 | Sat 2 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana |