



July 2018

New Offerings and Class Times for the Summer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00am-ALBasic w/Ari	2 9:00am-Restorative w/Sybil 7:30pm-Lisa's Free Class	3 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:30pm-ALFlow w/Maggie	4 HOLIDAY CLASS 8:00 AM FIREWORK FLOW MAGGIE	5 9:00am-ALFlow w/Shannon 6:30pm-ALFlow w/Ari	6 8:30am-ALBasic w/Shannon	7 9:00am-ALBasic w/Sybil
8 9:00am-ALBasic w/Ari	9 9:00am-Restorative w/Sybil	10 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:30pm-ALFlow w/Maggie	11 7:00am-ALFlow w/Maggie 5:15pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	12 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	13 8:30am-ALBasic w/Danielle	14 9:00am-ALBasic w/Sybil
15 9:00am-ALBasic w/Ari 3:00pm - Teachers Workshop with Debbie Z!!	16 9:00am-Restorative w/Sybil	17 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:30pm-ALFlow w/Maggie	18 7:00am-ALFlow w/Maggie 9:00am-Meet Lisa 5:15pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	19 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	20 8:30am-ALBasic w/Shannon	21 9:00am-ALBasic w/Sybil
22 9:00am-ALBasic w/Ari	23 9:00am-Restorative w/Sybil	24 10:00am-Chair w/Maggie 4:15pm-ALBasic w/Maggie 6:30pm-ALFlow w/Maggie	25 7:00am-ALFlow w/Maggie 5:15pm-Ball w/Maggie 6:30pm-ALFlow w/Jenny	26 9:00am-ALFlow w/Jenny 6:30pm-ALFlow w/Ari	27 8:30am-ALBasic w/Shannon	28 9:00am-ALBasic w/Sybil
29 9:00am-ALBasic w/Ari	30 9:00am-Restorative w/Sybil	31 10:00am-Chair w/TBA 4:15pm-ALBasic w/TBA 6:30pm-ALFlow w/TBA				