

August 2010

HCHL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 3 w/Bernadette- 90 min.	3 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	4 Vivian - Triangle Acupuncture Clinic ■ 12:00 PM Total Body Conditioning - 60 min.	5 Vivian - Rosa CSA-Triangle 4:30-7 ■ 6:30 PM Open Yoga (some experience) - 60 min.	6 Susie Q - Rosa ■ 6:30 PM Body Conditioning and Cardio w/Susie Q- 60 min. ■ 7:35 PM Pilates Plus - w/Sonja	7 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga
8	9 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	10 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	11 Vivian - Rosa Acupuncture Clinic ■ 12:00 PM Total Body Conditioning - 60 min.	12 Vivian - Rosa CSA-Triangle 4:30-7 ■ 6:30 PM Open Yoga (some experience) - 60 min.	13 Susie Q - Rosa CSA Farm Visit ■ 6:30 PM Body Conditioning and Cardio w/Susie Q- 60 min. ■ 7:35 PM Pilates Plus - w/Sonja	14 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga
15	16 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	17 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	18 Vivian - Rosa Acupuncture Clinic ■ 12:00 PM Total Body Conditioning - 60 min.	19 Vivian - Rosa CSA-Triangle 4:30-7 ■ 6:30 PM Open Yoga (some experience) - 60 min.	20 Susie Q - Rosa ■ 6:30 PM Body Conditioning and Cardio w/Susie Q- 60 min. ■ 7:35 PM Pilates Plus - w/Sonja	21 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga
22	23 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	24 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	25 Vivian - Rosa Acupuncture Clinic ■ 12:00 PM Total Body Conditioning - 60 min. ■ 6:30 PM Nia Movement	26 CSA-Triangle 4:30-7 Vivian - Rosa ■ 6:30 PM Candlelight Restorative Yoga - 60 min. ■ 6:30 PM Open Yoga (some experience) - 60 min.	27 Rosa ■ 3:00 PM New Event ■ 6:30 PM Body Conditioning and Cardio w/Susie Q- 60 min. ■ 7:35 PM Pilates Plus - w/Sonja	28 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga
29	30 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	31 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	1 Acupuncture Clinic Vivian - Rosa ■ 12:00 PM Total Body Conditioning - 60 min.	2 CSA-Triangle 4:30-7 Vivian - Rosa ■ 6:30 PM Open Yoga (some experience) - 60 min.	3 Susie Q - Rosa ■ 6:30 PM Body Conditioning and Cardio w/Susie Q- 60 min. ■ 7:35 PM Pilates Plus - w/Sonja	4 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga