

September 2010

HCHL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	30 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	31 Acupunture Clinic - Triangle Vivian - Rosa ■ 12:00 PM Noon Total Body Conditioning - 60 min. ■ 7:00 PM La Sharn - Total Body Conditioning - 60	1 CSA-Triangle 4:30-7 Vivian - Rosa ■ 6:30 PM Open Yoga (some experience) - 60 min.	2 Rosa ■ 7:35 PM Pilates Plus - w/ Sonja	3 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga	4
5 CLOSED for HOLIDAY	6 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	7 Acupunture Clinic - Triangle Vivian - Rosa ■ 12:00 PM Noon Total Body Conditioning - 60 min. ■ 7:00 PM La Sharn - Total Body Conditioning - 60	8 CSA-Triangle 4:30-7 Vivian - Rosa ■ 6:30 PM Open Yoga (some experience) - 60 min.	9 Rosa ■ 7:35 PM Pilates Plus - w/ Sonja	10 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga	11
12 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	13 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	14 Vivian - Rosa Acupunture Clinic - Triangle ■ 12:00 PM Noon Total Body Conditioning - 60 min. ■ 7:00 PM La Sharn - Total Body Conditioning - 60	15 Vivian - Rosa CSA-Triangle 4:30-7 ■ 6:30 PM Open Yoga (some experience) - 60 min.	16 Rosa ■ 7:35 PM Pilates Plus - w/ Sonja	17 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga	18
19 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	20 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	21 Acupunture Clinic - Triangle Vivian - Rosa ■ 12:00 PM Noon Total Body Conditioning - 60 min. ■ 7:00 PM La Sharn - Total Body Conditioning - 60	22 CSA-Triangle 4:30-7 Vivian - Rosa ■ 6:30 PM Open Yoga (some experience) - 60 min.	23 Rosa ■ 6:30 PM ■ 7:35 PM Pilates Plus - w/ Sonja	24 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga	25
26 Vivian - Triangle ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	27 Sonja - Rosa ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	28 Acupunture Clinic - Triangle Vivian - Rosa ■ 12:00 PM Noon Total Body Conditioning - 60 min. ■ 7:00 PM La Sharn - Total Body Conditioning - 60	29 CSA-Triangle 4:30-7 Vivian - Rosa ■ 6:30 PM Candlelight Rstorative Yoga - 60 min.	30 Rosa ■ 7:35 PM Pilates Plus - w/ Sonja	1 Yoga Bernadette - Rosa ■ 9:30 AM Open Yoga	2