

JUNE 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew		
7	8	9	10	11	12	13
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew 7:00 p.m. <i>WINE DOWN WITH YOGA*</i>	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew		
14	15	16	17	18	19	20
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew		
21	22	23	24	25	26	27
 8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga - Renew		
28	29	30	NOTES			
8:00 a.m. Yoga - Re-Energize 9:00 a.m. Yoga Therapy	1:30 p.m. Yoga - Renew 7:15 p.m. Yoga - Relax	7:00 a.m. Yoga - Re-Energize 8:00 a.m. Yoga Therapy 7:15 p.m. Yoga - Relax	<p>* PLEASE RSVP for Wine Down with Yoga by June 3. Space is limited.</p> <ul style="list-style-type: none"> • For yoga classes, please arrive 10 minutes early. • Bring your mat, towel, and water. • Unsure which class is right for you? Ask Dr. Duddey or any of the PT staff for their recommendations. 			

