	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5	6
		1:30 p.m Yoga - Renew	7:00 a.m. Yoga - Re-Energize	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize		
2015		7:15 p.m. Yoga - Relax	8:00 a.m. Yoga Therapy		8:00 a.m. Yoga - Renew		
0			7:15 p.m. Yoga - Relax				
	7	8	9	10	11	12	13
	8:00 a.m. Yoga - Re-Energize	1:30 p.m Yoga - Renew	7:00 a.m. Yoga - Re-Energize	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize		
	9:00 a.m.	7:15 p.m.	8:00 a.m.	7:00 p.m.	8:00 a.m.		
	Yoga Therapy	Yoga - Relax	Yoga Therapy	WINE DOWN WITH YOGA*	Yoga - Renew		
JUNE			7:15 p.m. Yoga - Relax	WITH YOGA*			
	14	15	16	17	18	19	20
	8:00 a.m. Yoga - Re-Energize	1:30 p.m Yoga - Renew	7:00 a.m. Yoga - Re-Energize	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize		
	9:00 a.m.	7:15 p.m.	8:00 a.m.		8:00 a.m.		
	Yoga Therapy	Yoga - Relax	Yoga Therapy		Yoga - Renew		
V			7:15 p.m. Yoga - Relax				
	21	22	23	24	25	26	27
WINE DOWN with yoga	8:00 a.m. Yoga - Re-Energize	1:30 p.m Yoga - Renew	7:00 a.m. Yoga - Re-Energize	1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize		
	9:00 a.m. Yoga Therapy	7:15 p.m. Yoga - Relax	8:00 a.m. Yoga Therapy		8:00 a.m. Yoga - Renew		
June 10 7:30 p.m.			7:15 p.m. Yoga - Relax				
SPORTSCARE CENTER WYDEBULGYCON 714.377.0078	28	29	30	NOTES			
	8:00 a.m. Yoga - Re-Energize	1:30 p.m Yoga - Renew	7:00 a.m. Yoga - Re-Energize	<ul> <li>* PLEASE RSVP for Wine Down with Yoga by June 3. Space is limited.</li> <li>For yoga classes, please arrive 10 minutes early.</li> </ul>			
	9:00 a.m. Yoga Therapy	7:15 p.m. Yoga - Relax	8:00 a.m. Yoga Therapy	<ul> <li>Bring your mat, towel, and water.</li> <li>Unsure which class is right for you? Ask Dr. Duddey or any of the PT staff</li> </ul>			
			7:15 p.m. Yoga - Relax	for their recommendations.			