

# JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOTES</b>			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<ul style="list-style-type: none"> <li>For yoga classes, please arrive 10 minutes early.</li> <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 for their recommendations.</li> </ul>			1:30 p.m. Yoga - Renew	7:00 a.m. Yoga - Re-Energize  8:00 a.m. Yoga - Renew	OFFICE HOURS 9 a.m. - 2 p.m.	HAPPY INDEPENDENCE DAY! 
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
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  7:30 WELLNESS TALK UZIT & Reiki PLEASE RSVP!	7:00 a.m. Yoga - Re-Energize  8:00 a.m. Yoga - Renew		
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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		
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
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		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
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				

