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|  | | **YOGA CLASS SCHEDULE**  **DECEMBER, 2019**  **Cost cash: $10, $8; 11 class pass $88; $66 students** | | | | |  | |
| Sun | | Mon | | Tues | Wed | Thurs | Fri | | S | |
| 1 | | 2  **NO CLASS TODAY** | | 3  **5:15am**  Power Vinyasa Flow with Kristi  **5:30pm**  Satya Flow with Andrea | 4  **NO CLASS TODAY** | **5**  **5:30pm**  Satya Flow with Andrea | 6  **NO CLASS TODAY** | | 7 | |
| 8 | | **9**  **8am**  Stiff Body Yoga with Patty | | 10  **5:30pm**  Satya Flow with Andrea | 11  **8:30am** Patty Finding Balance Yoga  **10:00am**  Chair Yoga with Patty | 12  **5:30pm**  Satya Flow with Andrea | 13  **8:30am**  Yoga for Body Awareness Patty  **10:00am**  Gentle Yoga with Patty | | 14 | |
| 15 | | 16  **8am**  Stiff Body Yoga with Patty | | 17  **5:30pm**  Satya Flow with Andrea | 18  **8:30am** Patty Finding Balance Yoga  **10:00am**  Chair Yoga with Patty | 19  **5:30pm A**  Satya Flow with Andrea | 20  **8:30am**  Yoga for Body Awareness Patty  **10:00am**  Gentle Yoga with Patty | | 21 | |
| 22 | | 23  **8am**  Stiff Body Yoga with Patty | | 24  **Merry Christmas Eve**  **NO CLASSES** | 25  **Merry Christmas**  **NO CLASSES** | 26  **5:30pm A**  Satya Flow with Andrea | 27  **8:30am**  Yoga for Body Awareness Patty  **10:00am**  Gentle Yoga with Patty | | 28 | |
| 29 | | 30  **8am**  Stiff Body Yoga with Patty | | **31**  **5:30pm A**  Satya Flow with Andrea **FREE!!** | 1 January, 2020 |  |  | |  | |

**Schedule may change without Notice, please check Facebook, website or call with questions** Please provide any feedback on class times you prefer!!

YogaStudioOfRiceLake.com Class descriptions on the web site! Phone: 715-234-2525