

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Vinyasa yoga 9:00 – 10:00am	2 Yogalates 9:00 – 9:45am	3 Kahala Core 9:00 – 9:45am
4 Hula Aerobics 9:00 – 9:45am	5 Vinyasa Yoga 9:00 – 10:00am	6 Yogalates 9:00 – 9:45am	7 Power Yoga 9:00 – 10:00am	8 Vinyasa yoga 9:00 – 10:00am	9 Yogalates 9:00 – 9:45am	10 Kahala Core 9:00 – 9:45am
11 Hula Aerobics 9:00 – 9:45am	12 Vinyasa yoga 9:00 – 10:00am	13 Yogalates 9:00 – 9:45am	14 Power Yoga 9:00 – 10:00am	15 Vinyasa yoga 9:00 – 10:00am	16 Yogalates 9:00 – 9:45am	17 Kahala Core 9:00 – 9:45am
18 Hula Aerobics 9:00 – 9:45am	19 Vinyasa Yoga 9:00 – 10:00am	20 Yogalates 9:00 – 9:45am	21 Power Yoga 9:00 – 10:00am	22 Vinyasa yoga 9:00 – 10:00am	23 Yogalates 9:00 – 9:45am	24 Kahala Core 9:00 – 9:45am
25 Hula Aerobics 9:00 – 9:45am	26 Vinyasa Yoga 9:00 – 10:00am	27 Yogalates 9:00 – 9:45am	28 Power Yoga 9:00 – 10:00am	29 Vinyasa yoga 9:00 – 10:00am	30 Yogalates 9:00 – 9:45am	31 Kahala Core 9:00 – 9:45am

RESERVATIONS REQUIRED

Reservations are required one (1) hour prior to class start time.
Please ask about our Certified Personal Trainers. TOUCH 8940

See reverse side for class descriptions

*All classes are an additional \$25 charge