

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Yogalates 9:00 – 9:45am	2 No Class
3 Hula Aerobics 9:00 – 9:45am	4 Vinyasa Yoga 9:00 – 10:00am	5 Yogalates 8:00 – 8:45am	6 Pilates 9:00 – 10:00am Sun Down Yoga 5:00-5:45pm	7 Vinyasa Yoga 9:00 – 10:00am	8 Yogalates 9:00 – 9:45am	9 No Class
10 Hula Aerobics 9:00 – 9:45am	11 Vinyasa Yoga 9:00 – 10:00am	12 Yogalates 8:00 – 8:45am	13 Pilates 9:00 – 10:00am Sun Down Yoga 5:00-5:45pm	14 Foam Roller 8:00 – 8:45am	15 Vinyasa Yoga 9:00 – 10:00am	16 Kahala Core 9:00 – 9:45am
17 Hula Aerobics 9:00 – 9:45am Sun Down Yoga 5:00-5:45pm	18 Vinyasa Yoga 9:00 – 10:00am	19 Yogalates 8:00 – 8:45am	20 Pilates 9:00 – 10:00am	21 Foam Roller 8:00 – 8:45am	22 Vinyasa Yoga 9:00 – 10:00am	23 Kahala Core 9:00 – 9:45am
24/31 Hula Aerobics 9:00 – 9:45am Sun Down Yoga 5:00-5:45pm	25 Vinyasa Yoga 9:00 – 10:00am	26 Yogalates 8:00 – 8:45am	27 Pilates 9:00 – 10:00am	28 Foam Roller 8:00 – 8:45am	29 Vinyasa Yoga 9:00 – 10:00am	30 Kahala Core 9:00 – 9:45am

ADVANCED RESERVATIONS REQUIRED

For Reservations TOUCH 8940

Please ask about our Certified Personal Trainers

See reverse side for class descriptions

*All classes are a \$25 charge