



Wyoga Studio--Wyoming Yoga

810 Madison, Gillette, WY 82718

307.680.7762 / 307.686.2722

www.wyoga.net

Summer

2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM	5:15-6:15 am Pilates Flow Angel	5:15-6:15 am Energizing Flow Cindy	5:15-6:15 am Pilates Flow Cindy	5:15-6:15 am Energizing Flow Cindy		
8:00 AM					8:30-9:30 am Senior Yoga at Senior Center Dusti	8:00-9:15 am All Levels Cindy
9:00 AM	9:00-10:00 am Senior Yoga at Senior Center Cindy		9:00-10:00 am Senior Yoga at Senior Center Dusti			9:30-10:45 am Yoga FUNDamentals Amy starts Aug 1
9:15 AM	9:15-10:15 am Pilates Flow Stephanie	9:15-10:30 am Yoga FUNDamentals	9:15-10:15 am	9:15-10:30 am Yoga FUNDamental	9:15-10:15 am Pilates Flow Stephanie	
10:30 AM	10:30-11:30 am Flex & Stretch Stephanie	Amy starts July 21	10:30-11:30 am Flex & Stretch Stephanie	Amy starts July 23		
12:10 PM	12:10-12:50 pm Lunch Break Yoga Lydia		12:10-12:50 pm Lunch Break Yoga Laura		12:10-12:50 pm Lunch Break Yoga Tracy/Laura	Sunday
4:25 PM		4:25-5:25 pm Flow Relaxation Cindy		4:25-5:25 pm Flow Relaxation Cindy	4:30-6:00 pm Hot Yoga Cindy	4:00-5:00 pm Family Yoga Amy starts July 19
5:20 PM	5:20-6:20pm Hatha Yoga Laura		5:20-6:20pm Vinyasa Yoga Mike			
5:35 PM		5:35-6:35 pm Pilates Flow Tina		5:35-6:35 pm Pilates Flow Cindy		
6:35 PM	6:35-7:45pm Energizing Flow Cindy		6:35-7:35pm All Levels Yoga Amy	6:45-7:45 pm Belly Dancing Dominique		