

2019 MAY

701.297.8191

www.elitemassage.biz/elite-yoga-studio

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|----------------------------------|------------------------------|--|--|----------|
| 28 | 29 5:30PM - Chair Yoga (*) | 30 | 01 12pm Strength Yoga (+) | 02 12pm Core Conditioning (^) | 03 | 04 |
| 05 | 06 5:30PM - Chair Yoga (*) | 07 12pm Core Conditioning (^) | 08 12pm Strength Yoga (+) | 09 12pm Core Conditioning (^) | 10 Mother Daughter Yoga/Shop 7pm (+) | 11 |
| 12 | 13 5:30PM - Chair Yoga (*) | 14 12pm Core Conditioning (@) | 15 12pm Strength Yoga (+) | 16 12pm Core Conditioning (^) | 17 | 18 |
| 19 | 20 5:30PM - Chair Yoga (*) | 21 12pm Core Conditioning (^) | 22 12pm Strength Yoga (+) | 23 9am Playful Movement (+) 12pm Core Conditioning (^) | 24 | 25 |
| 26 | 27 5:30PM - Chair Yoga (*) | 28 12pm Core Conditioning (@) | 29 | 30 | 31 | 01 |

Teachers Key:

Kathy Underdahl (*) (\$10/Class) or (\$40 for 5 Classes)

Erin Walters (+) (\$10/Class) or (\$80 for 10 Classes)

Becca Murphy (^) See Becca for pricing

Shelle Hagen (@) See Shelle for pricing