

2019 APRIL

701.297.8191

www.elitemassage.biz/elite-yoga-studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 12pm Core Conditioning (^) 5:30PM - Chair Yoga (*)	02	03 12pm Mat Pilates (+) 5:30pm Hatha Yoga (*)	04 12pm Core Conditioning (^)	05	06
07 1pm Back, Core, Pelvic Floor (^) 4:30PM - Restorative Yoga (#)	08 12pm Mixed Yoga (+) 5:30PM - Chair Yoga (*)	09 12pm Core Conditioning (^)	10 12pm Mat Pilates (+) 5:30pm Hatha Yoga (*)	11 12pm Core Conditioning (^)	12	13 10am - Mixed Yoga (+) Fundraiser for Voice of the Captives (Open Shopping too!)
14 4:30pm Restorative Yoga (#)	15 12pm Mixed Yoga (+) 5:30PM - Chair Yoga (*)	16	17 12pm Mat Pilates (+) 5:30pm Hatha Yoga (*)	18 12pm Core Conditioning (^)	19	20
21 4:30pm Restorative Yoga (#)	22 12pm Mixed Yoga (+) 5:30PM - Chair Yoga (*)	23 12pm Core Conditioning (^)	24 12pm Mat Pilates (+) 5:30pm Hatha Yoga (*)	25 12pm Core Conditioning (@)	26	27
28 4:30pm Restorative Yoga (#)	29 12pm Mixed Yoga (+) 5:30PM - Chair Yoga (*)	30	01	02	03	04

Teachers Key:

Kathy Underdahl (*) (\$10/Class)

Shelle Hagen (@) (\$7/Class)

Erin Walters (+) (\$10/Class)

Stephanie Scott (!) (\$7/Class)

Sharlene Patnaude (#) (\$15/Class)

Becca Murphy (^) (\$7/Class)