

# Julie's Fitness Studio

2008 Willamette Falls Dr. (Suite 200B) West Linn, OR 97068

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15- 9:15am <b>VIRTUAL Body Sculpt</b> w/ Julie		8:15- 9:15am <b>VIRTUAL Body Sculpt</b> w/ Julie		8:15- 9:15am <b>VIRTUAL Body Sculpt</b> w/ Julie		8:30- 9:30am <b>VIRTUAL Integrative Wellness Yoga</b> w/ Kristin
9:20- 10:20am <b>VIRTUAL Yoga</b> w/ Julie	9:30- 10:30am <b>VIRTUAL Yoga Basics</b> w/ Liisa	9:20- 10:20am <b>VIRTUAL Yoga</b> w/ Julie	9:30- 10:30am <b>VIRTUAL Yoga Basics</b> w/ Liisa	9:20- 10:20am <b>VIRTUAL Yoga</b> w/ Julie		
	11:00- 12:00pm <b>VIRTUAL Beyond Yoga Basics (Level 2)</b> w/ Liisa		11:00- 12:00pm <b>VIRTUAL Integrative Wellness Yoga</b> w/ Kristin			
4:00- 5:00pm <b>VIRTUAL Integrative Wellness Yoga</b> w/ Kristin		4:00- 5:00pm <b>VIRTUAL Integrative Wellness Yoga</b> w/ Kristin				
	6:00- 7:00pm <b>VIRTUAL Hatha Yoga</b> w/ Courtney	6:30- 7:30pm <b>VIRTUAL Yoga Basics</b> w/ Liisa				

[www.jfitnessstudio.com](http://www.jfitnessstudio.com)

503-888-5519

[jrfoodfit@gmail.com](mailto:jrfoodfit@gmail.com)

revised July '20

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:00- 8:00pm <b>Stretch &amp; Unwind</b> w/ Katarina			

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