

# July 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 *Beg. Belly Dancing 6pm - 7:15pm, *Ballroom Dancing 7:30pm - 8:30 pm	22 *Beg. Yoga w/ Denise 6pm-7:15pm	23 *Beg. Belly Dancing 11am - 12:30pm, *Ballroom Dancing 7:30pm - 8:30 pm	24 *12:00 pm Yoga 1 w/ Allan *Beg. Yoga w/ Denise 6pm-7:15pm *Pilates w/ Sharon Spazian 7pm - 8pm	25	26 *8:00 am Yoga 1 w/ Allan *1:00pm Power Yoga w/ Allan
27 *8:00 am Yoga 2 w/ Allan *Pilates 10:00 am w/ Sharon *12:00 pm Yoga 1 w/ Allan	28 *Beg. Belly Dancing 6pm - 7:15pm, *Ballroom Dancing 7:30pm - 8:30 pm	29 *Beg. Yoga w/ Denise 6pm-7:15pm	30 *Beg. Belly Dancing 11am - 12:30pm, *Ballroom Dancing 7:30pm - 8:30 pm	31 *12:00 pm Yoga 1 w/ Allan *Beg. Yoga w/ Denise 6pm-7:15pm *Pilates w/ Sharon Spazian 7pm - 8pm	Notes:	