

# Yoga For Every Body Class Schedule

## July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LYNDA	2 KAREN	3	4 4 <sup>th</sup> of July
			5:30pm - Continuing 7:15pm- Intro/Magic 4	9:15am – Continuing*		
5	6 LYNDA	7 KAREN	8 LYNDA	9 KAREN	10	11
	9:30am – Blissful Basics	<b>NO CLASSES</b>	5:30pm - Continuing 7:15pm- Intro/Magic 4	<b>NO CLASS</b>		
12	13 LYNDA	14 KAREN	15 LYNDA	16 KAREN	17	18
	9:30am – Blissful Basics	<b>NO CLASSES</b>	5:30pm - Continuing 7:15pm- Intro/Magic 4	<b>NO CLASS</b>		
19	20 LYNDA	21 KAREN	22 LYNDA	23 KAREN	24	25
	9:30am – Blissful Basics	5:30pm – Continuing* 7:15pm – Continuing*	5:30pm - Continuing 7:15pm- Intro/Magic 4	9:15am – Continuing*		
26	27 LYNDA	28 KAREN	29 LYNDA	30 KAREN	31	
	9:30am – Blissful Basics	5:30pm – Continuing* 7:15pm – Continuing*	5:30pm - Continuing 7:15pm- Intro/Magic 4	9:15am – Continuing*		

**Magic Four/Intro-** a shorter class for new students  
(60 min)

**Blissful Basics** – for new students and continuing students who love relaxing into basic poses! (75 min)

**Continuing** – includes a wider variety of poses.

\***Not open to new students** (90 min)

**Single Class - \$15**

When paying in advance for the 2 month session:  
Magic4/Intro = \$8 per class

**All other classes:**

One class per week = \$12 per class

Two classes per week = \$9 per class

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						1
2	3 <b>LYNDA</b> <b>NO CLASS</b>	4 <b>KAREN</b> 5:30pm – Continuing* 7:15pm – Continuing*	5 <b>LYNDA</b> <b>NO CLASSES</b>	6 <b>KAREN</b> 9:15am – Continuing*	7	8
9	10 <b>LYNDA</b> <b>NO CLASS</b>	11 <b>KAREN</b> 5:30pm – Continuing* 7:15pm – Continuing*	12 <b>LYNDA</b> 5:30pm - Continuing 7:15pm- Intro/Magic 4	13 <b>KAREN</b> 9:15am – Continuing*	14	15
16	17 <b>LYNDA</b> 9:30am – Blissful Basics	18 <b>KAREN</b> 5:30pm – Continuing* 7:15pm – Continuing*	19 <b>LYNDA</b> 5:30pm - Continuing 7:15pm- Intro/Magic 4	20 <b>KAREN</b> 9:15am – Continuing*	21	22
23	24 <b>LYNDA</b> 9:30am – Blissful Basics	25 <b>KAREN</b> 5:30pm – Continuing* 7:15pm – Continuing*	26 <b>LYNDA</b> 5:30pm - Continuing 7:15pm- Intro/Magic 4	27 <b>KAREN</b> 9:15am – Continuing*	28	29
30	31 <b>LYNDA</b> <b>NO CLASS</b>					

**\*At this time, Karen is not accepting new students.**  
 New Students are encouraged to attend Lynda’s Magic4/  
 Introduction Classes or the Blissful Basics Class

**Yoga For Every Body**  
*on Binghamton’s South Side*  
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