

JUST BREATHE YOGA STUDIO

1918 N. James St. Rome, NY 13440

315-337-4860, www.justbreatheyogastudio.com

August 2010

Classes posted on this calendar are on a drop-in basis with no pre-registration needed. Please call or visit us online for class descriptions, rates, etc.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9:30am Yoga I Shelby</p> <p>5:30pm Beginner Yoga Lani</p> <p>7:00pm Fusion Shelby</p>	<p>2</p> <p>7:00pm Relaxing Yoga w/ Extended Meditation Shelby</p>	<p>3 9:30 am Yoga I Shelby</p> <p>5:30pm Zumba Jen</p>	<p>4</p> <p>7:00pm Yoga- all levels Vickie</p>	<p>5 9:30am Yoga I/II Sarah</p>	<p>6 9:30am Yoga I/II Liz</p>	<p>7</p>
<p>8 9:30am Yoga I Shelby</p> <p>5:30pm Beginner Yoga Kelly</p> <p>7:00pm Fusion Shelby</p>	<p>9</p> <p>7:00pm Relaxing Yoga w/ Extended Meditation Shelby</p>	<p>10 9:30 am Yoga I Shelby</p> <p>5:30pm Zumba Jen</p>	<p>11</p> <p>7:00pm Yoga- all levels Vickie</p>	<p>12 9:30am Yoga I/II Sarah</p>	<p>13 9:30am Yoga I/II Liz</p>	<p>14</p>
<p>15 9:30am Yoga I Shelby</p> <p>5:30pm Beginner Yoga Kelly</p> <p>7:00pm Fusion Shelby</p>	<p>16</p> <p>7:00pm Relaxing Yoga w/ Extended Meditation Shelby</p>	<p>17 9:30 am Yoga I Sarah</p> <p>5:30pm Zumba Jen</p>	<p>18</p> <p>7:00pm Yoga- all levels Vickie</p>	<p>19 9:30am Yoga I/II Sarah</p>	<p>20 9:30am Yoga I/II Liz</p>	<p>21</p>
<p>22 9:30am Yoga I Shelby</p> <p>5:30pm Beginner Yoga Kelly</p> <p>7:00pm Fusion Shelby</p>	<p>23</p> <p>7:00pm Relaxing Yoga w/ Extended Meditation Shelby</p>	<p>24 9:30 am Yoga I Shelby</p> <p>5:30pm Zumba Jen</p>	<p>25</p> <p>7:00pm Yoga- all levels Vickie</p>	<p>26 9:30am Yoga I/II Shelby</p>	<p>27 9:30am Yoga I/II Lani</p>	<p>28</p>
<p>29 9:30am Yoga I Shelby</p> <p>5:30pm Beginner Yoga Kelly</p> <p>7:00pm Fusion Shelby</p>	<p>30</p> <p>7:00pm Relaxing Yoga w/ Extended Meditation Shelby</p>	<p>31</p>				