

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30am Zumba Susie	2 5:15p Power Yoga Patty	3 12p Chair Yoga Patty 6:15p Power Yoga Fran	4 6:15p Stretch & Tone Fran	5 12p Chair Yoga Patty	6 6:30p Parents of Disabled Support Group -Karyn	7 9a Power Yoga Fran 10:45am Personal Trainer 75 min Rachel
1pm Couples Yoga Breathe/Flow Together Fran Yoga and/or Patty	6:30p Stretch & Tone Fran and/or Patty	7:30p Sculpt Fran	7:30P Power Yoga Patty	6:15p Sculpt Fran		1:30p Power Yoga Patty
8 11:30am Zumba Susie	9 5:15p Power Yoga Patty	10 12p Chair Yoga Patty 6:15p Power Yoga Fran	11 6:15p Stretch & Tone Fran	12 12p Chair Yoga Patty	13 6:30p Parents of Disabled Support Group -Karyn	14 9a Power Yoga Fran Noon TEENS Yoga
1pm Couples Yoga Breathe/Flow Together Fran Yoga and/or Patty	6:30p Stretch & Tone Fran and/or Patty	7:30p Sculpt Fran	7:30P Power Yoga Patty	6:15p Sculpt Fran		1:30p Power Yoga Patty
15 11:30am Zumba Susie	16 5:15p Power Yoga Patty	17 12p Chair Yoga Patty 6:15p Power Yoga Fran	18 6:15p Stretch & Tone Fran	19 12p Chair Yoga Patty	20 6:30p Parents of Disabled Support Group -Karyn	21 9a Power Yoga Fran 10:45am Personal Trainer 75 min Rachel
1pm Couples Yoga Breathe/Flow Together Fran Yoga and/or Patty	6:30p Stretch & Tone Fran and/or Patty	7:30p Sculpt Fran	7:30P Power Yoga Patty	6:15p Sculpt Fran		Noon TEENS Yoga
22 11:30am Zumba Susie	23 5:15p Power Yoga Patty	24 12p Chair Yoga Patty 6:15p Power Yoga Fran	25 6:15p Stretch & Tone Fran	26 12p Chair Yoga Patty	27 6:30p Parents of Disabled Support Group -Karyn	28 9a Power Yoga Fran Noon TEENS Yoga
1pm Couples Yoga Breathe/Flow Together Fran Yoga and/or Patty	6:30p Stretch & Tone Fran and/or Patty	7:30p Sculpt Fran	7:30P Power Yoga Patty	6:15p Sculpt Fran		1:30p Power Yoga Patty
29 11:30am Zumba Susie	30 5:15p Power Yoga Patty	31 12p Chair Yoga Patty 6:15p Power Yoga Fran	1 6:15p Stretch & Tone Fran	2 12p Chair Yoga Patty	3 6:30p Parents of Disabled Support Group -Karyn	4 9a Power Yoga Fran 10:45am Personal Trainer 75 min Rachel
1pm Couples Yoga Breathe/Flow Together Fran Yoga and/or Patty	6:30p Stretch & Tone Fran and/or Patty	7:30p Sculpt Fran				

All classes taught by **CERTIFIED YOGA INSTRUCTORS**
1 FREE TRIAL CLASS!

6 weeks session: \$35.00 (1 class per week)

Unlimited "Monthly" Yoga for only \$60 dollars

Walk-In are Welcome - \$7.00

Cash/Credit or Debit Cards Accepted

Bring your own yoga mat, towel, water and weights(optional) for Sculpt

Yoga Fran Studio
 638-A Sibley Blvd

Calumet City, Illinois 60409

For additional Information, call (312) 952-6877

FACEBOOK : Yoga Fran

WEBSITE : WWW.YOGA-FRAN.COM