

# Practice: December 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	2 6p Hatha Yoga Level 1 (All levels) [Joy ] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	3 7a Group Reformer (Intermediate) [Patrick] 11a TRX/Mat Combo (Intermediate) [Kitty]	4 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	5
6 7p Matwork (All levels) [Patrick]	7 12p Group Reformer (All levels) [Patrick]	8 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	9 6p Hatha Yoga Level 1 (All levels) [Joy ] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	10 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy ] 11a TRX/Mat Combo (Intermediate) [Kitty]	11 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	12 Practice Strength Support Group 9a
13 7p Matwork (All levels) [Patrick]	14 12p Group Reformer (All levels) [Patrick]	15 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	16 6p Hatha Yoga Level 1 (All levels) [Joy ] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	17 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy ] 11a TRX/Mat Combo (Intermediate) [Kitty]	18 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	19
20 7p Matwork (All levels) [Patrick]	21 12p Group Reformer (All levels) [Patrick]	22 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	23 6p Hatha Yoga Level 1 (All levels) [Joy ] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	24 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy ] 11a TRX/Mat Combo (Intermediate) [Kitty]	25 MERRY CHRISTMAS!	26
27 7p Matwork (All levels) [Patrick]	28 12p Group Reformer (All levels) [Patrick]	29 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	30 6p Hatha Yoga Level 1 (All levels) [Joy ] 7p Hatha Yoga Level 2 (Intermediate) [Joy]	31 7a Group Reformer (Intermediate) [Patrick] 9a Hatha Yoga Level 1 (All levels) [Joy ] 11a TRX/Mat Combo (Intermediate) [Kitty] NEW YEARS EVE!	1 NEW YEARS DAY 10a FREE Matwork (all levels) [Patrick]	

## EVENTS

### Class changes

1) Yoga is cancelled Friday, 12/3. Please consider Thursday evening, 12/2, at either 6p or 7p!

### Free New Years Day Mat Class!!

Get the year started right (or work off the grogginess from New Year's Eve) with Patrick's Fab Matwork Class, 10am on 1/1/11.

### And more:

See the "what's new" page at our website, [www.practice-center.com](http://www.practice-center.com), for a full list of fun in and outside the studio