

# Practice: April 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 9a Hatha Yoga Level 1 (All levels) [Joy] 11a TRX/Mat Combo (Intermediate) [Kitty]	2 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	3
4 7p Matwork (All levels) [Patrick]	5 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	6 530p 30 Min Jumpboard (all levels) [Kitty] 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	7	8 9a Hatha Yoga Level 1 (All levels) [Joy ] 11a TRX/Mat Combo (Intermediate) [Kitty]	9 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kerry]	10
11 7p Matwork (All levels) [Patrick]	12 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	13 530p 30 Min Jumpboard (all levels) [Kitty] 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	14	15 9a Hatha Yoga Level 1 (All levels) [Joy] 10a TRX/Mat Combo (Intermediate) [Kitty]	16 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kerry]	17
18 7p Matwork (All levels) [Patrick]	19 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	20 530p 30 Min Jumpboard (all levels) [Kitty] 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	21	22 9a Hatha Yoga Level 1 (All levels) [Joy] 11a TRX/Mat Combo (Intermediate) [Kitty]	23 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	24
25 7p Matwork (All levels) [Patrick]	26 830a Group Reformer (All levels) [Patrick] 7p Hatha Yoga Level 1 (All levels) [Joy]	27 530p 30 Min Jumpboard (all levels) [Kitty] 6p TRX/Mat Combo (Intermediate) [Kitty] 7p Group Reformer (All levels) [Kitty]	28	29 9a Hatha Yoga Level 1 (All levels) [Joy ] 11a TRX/Mat Combo (Intermediate) [Kitty]	30 8a Group Reformer (All levels) [Patrick] 10a Matwork (all levels) [Kitty]	

## EVENTS

### Class Changes:

No class changes for April!

### 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