



# WEEKLY SCHEDULE

## YOGA CLASSES FOR THE WEEK OF NOVEMBER 4-10

Theme for the week: Block party!

MT	MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	SATURDAY 9	SUNDAY 10
AM	<p><b>9:00-9:50am</b> CSI Student Yoga CSI Gym 304 Aug 19--Dec 11</p> <p><b>12:00-12:50pm</b> Lifelong Yoga CSI Gym 304 August 19-Dec 11 only \$65 for the whole semester call Kim to sign up at 208-732-6855</p>		<p><b>9:00-9:50am</b> CSI Student Yoga CSI Gym 304 Aug 19--Dec 11</p> <p><b>12:00-12:50pm</b> Lifelong Yoga CSI Gym 304 August 19-Dec 11 only \$65 for the whole semester call Kim to sign up at 208-732-6855</p>		<p><b>10:00-10:45am</b> Restorative Yoga Xrossways 400 Irene Street Kimberly, ID Drop in fee \$10 or one time free visit!.</p>		
PM	<p><b>5:30-6:20pm</b> Lifelong Yoga CSI Gym 304 August 19-Dec 11 only \$65 for the whole semester call Kim to sign up at 208-732-6855</p>	<p><b>5:30-6:20pm</b> Inside Flow Basics CSI Gym 304 August 20-Dec 10 only \$35 for the whole semester call Kim to sign up at 208-732-6855</p>	<p><b>5:30-6:20pm</b> Lifelong Yoga CSI Gym 304 August 19-Dec 11 only \$65 for the whole semester call Kim to sign up at 208-732-6855</p>	<p><b>3:30-4:20pm</b> Private Sound Bath for CSI Employees If you're an employee, sign up with Jaime Tigie CSI Gym 304</p>			