

# June 2018



GUDMESTAD  
YOGA STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>KEY</b> <hr/> <b>Beg.</b> = L1, L2 <hr/> <b>ABeg.</b> = L2, 3, Ath 3 <hr/> <b>Int.</b> = L3-4, 4, 5	Memorial Day				<b>1</b>	<b>2</b>
<b>3</b>	<b>4</b> 9:30 Beg. Laila A 11:30 ABeg. Laila A  6pm Beg. DeeAnn C 6pm Int. Beth A	<b>5</b> 11:30 Int. Beth A  6pm Int. Beth A	<b>6</b> 9:30 ABeg. Laila A 11:30 Beg. Laila C	<b>7</b> 9:30 Beg. Rachel A 11:30 ABeg. Lori C 11:30 Int. Laila A 6pm ABeg. Glenn C 6pm Int. Beth A	<b>8</b> 8:15 Int. Beth A 10am ABeg. Beth A	<b>9</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>10</b>	<b>11</b> 9:30 Beg. Laila A 11:30 ABeg. Laila A  6pm Beg. DeeAnn C 6pm Int. Beth A	<b>12</b> 11:30 Int. Beth A  6pm Int. Beth A	<b>13</b> 11:30 Beg. Lori C	<b>14</b> 9:30 Beg. Rachel A 11:30 ABeg. Lori C  6pm ABeg. Glenn C 6pm Int. Beth A	<b>15</b> 8:15 Int. Beth A 10am ABeg. Beth A	<b>16</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>17</b>	<b>18</b> 9:30 ABeg. Rachel A 11:30 ABeg. Beth A  6pm Beg. DeeAnn C 6pm Int. Beth A	<b>19</b> 11:30 Int. Beth A  6pm Int. Beth A	<b>20</b> 11:30 Beg. Lori C	<b>21</b> 9:30 Beg. Rachel A 11:30 ABeg. Lori C  6pm ABeg. Glenn C	<b>22</b> 8:15 Int. Beth A 10am ABeg. Beth A	<b>23</b> 8am ABeg. Lori A 9:45 Beg. Lori A
<b>24</b>	<b>25</b> 9:30 ABeg. Rachel A 11:30 ABeg. Beth A  6pm Beg. DeeAnn C 6pm Int. Betsy A	<b>26</b> 11:30 Int. Beth A  6pm Int. Beth A	<b>27</b> 9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	<b>28</b> 9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Julie A	<b>29</b> 8:15 Int. Laila A 10am ABeg. Beth A	<b>30</b> 8am ABeg. Lori A 9:45 Beg. Lori A

# July 2018



GUDMESTAD  
YOGA STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 9:30 Beg. Stuart A 11:30 ABeg. Hope A  6pm Int. Beth A	<b>3</b> 11:30 Int. Stuart A  6pm Int. Beth A	<b>4</b>   Independence Day	<b>5</b> 9:30 Beg. Rachel A 11:30 ABeg. Stu C  6pm ABeg. Lori C 6pm Int. Beth A	<b>6</b> 8:15 Int. Rachel A 10am ABeg. Beth A	<b>7</b> 8am ABeg. Lori A 9:45 Beg. Lori A
<b>8</b>	<b>9</b> 9:30 Beg. Stuart A 11:30 ABeg. Hope A  6pm Beg. Laila C 6pm Int. Beth A	<b>10</b> 11:30 Int. Stuart A  6pm ABeg. Beth C 6pm Int. Julie A	<b>11</b> 9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	<b>12</b> 9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Beth A	<b>13</b> 8:15 Int. Beth A 10am ABeg. Beth A	<b>14</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>15</b>	<b>16</b> 9:30 Beg. Hope A 11:30 ABeg. Hope A  6pm Beg. Beth C 6pm Int. Betsy A	<b>17</b> 11:30 Int. Stuart A  6pm ABeg. Beth C 6pm Int. Julie A	<b>18</b> 9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	<b>19</b> 9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Julie A	<b>20</b> 8:15 Int. Laila A 10am ABeg. Beth A	<b>21</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>22</b>	<b>23</b> 9:30 Beg. Stuart A 11:30 ABeg. Beth A  6pm Beg. Beth C 6pm Int. Betsy A	<b>24</b> 11:30 Int. Stuart A  6pm ABeg. Beth C 6pm Int. Julie A	<b>25</b> 9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	<b>26</b> 9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Julie A	<b>27</b> 8:15 Int. Rachel A 10am ABeg. Rachel A	<b>28</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>29</b>	<b>30</b> 9:30 Beg. Stuart C 11:30 ABeg. Beth C 6pm Beg. Laila C 6pm Int. Beth A	<b>31</b> 11:30 Int. Stuart C  6pm Int. Beth A	<b>1</b>	<b>2</b>	<b>3</b>	<b>KEY</b> Beg. = L1, L2 ABeg. = L2, 3, Ath 3 Int. = L3-4, 4, 5
Anatomy Workshop with Julie Gudmestad • 10am - 1pm & 2pm - 4pm • Monday through Friday						

# August 2018



GUDMESTAD  
YOGA STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Anatomy Workshop with Julie Gudmestad • 10am - 1pm & 2pm - 4pm • Monday through Friday					
			7:45 Int. Laila A 9:30 ABeg. Betsy C 11:30 ABeg. Stuart C 6pm Int. Beth A	9:30 Beg. Rachel C 11:30 ABeg. Stu C 11:30 Int. Rachel B 6pm ABeg. Glenn C 6pm Int. Laila A	8:15 Int. Rachel C 10am ABeg. Beth C	8am ABeg. Hope A 9:45 Beg. Hope A
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	9:30 Beg. Stuart A 11:30 ABeg. Beth A  6pm Beg. Beth C 6pm Int. Betsy A	11:30 Int. Stuart A  6pm Int. Beth A	7:45 Int. Laila A 9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Julie A	8:15 Int. Laila A 10am ABeg. Lori A	8am ABeg. Hope A 9:45 Beg. Hope A
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	9:30 Beg. Hope A 11:30 ABeg. Hope A  6pm Int. Betsy A	11:30 Int. Stuart A	9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A  6pm ABeg. Betsy A	8:15 Int. Rachel A 10am ABeg. Lori A	8am ABeg. Hope A 9:45 Beg. Hope A
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	9:30 Beg. Hope A 11:30 ABeg. Hope A  6pm Int. Betsy A	<i>FALL NEW STUDENT Registration Opens</i> 11:30 Int. Stuart A 6pm Int. Beth A	7:45 Int. Laila A 9:30 ABeg. Betsy A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Betsy A 6pm ABeg. Betsy C 6pm Int. Julie A	8:15 Int. Rachel A 10am ABeg. Beth A	8am ABeg. Hope A 9:45 Beg. Hope A
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>KEY</b>
	9:30 Beg. Stuart A 11:30 ABeg. Beth A  6pm Int. Beth A	11:30 Int. Stuart A 6pm Int. Beth A	7:45 Int. Laila A 9:30 ABeg. Laila A 11:30 Beg. Lori C 11:30 ABeg. Stuart A	9:30 Beg. Rachel A 11:30 ABeg. Stu C 11:30 Int. Laila A 6pm ABeg. Lori C 6pm Int. Beth A	8:15 Int. Rachel A 10am ABeg. Beth A	<b>Beg.</b> = L1, L2 <b>ABeg.</b> = L2, 3, Ath 3 <b>Int.</b> = L3-4, 4, 5

# September 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**KEY**

Beg. = L1, L2

ABeg. = L2, 3, Ath 3

Int. = L3-4, 4, 5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b>
<b>2</b>	<b>3</b>  Labor Day	<b>4</b>  6pm Int. Beth A	<b>5</b> 7:45 Int. Laila A 9:30 ABeg. Laila A	<b>6</b> 9:30 Beg. Rachel A	<b>7</b> 8:15 Int. Laila A 10am ABeg. Beth A	<b>8</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>9</b>	<b>10</b> 9:30 ABeg. Rachel A 11:30 Beg. Beth A	<b>11</b>  6pm Int. Beth A	<b>12</b> 7:45 Int. Laila A 9:30 ABeg. Laila A	<b>13</b> 9:30 Beg. Rachel A	<b>14</b> 8:15 Int. Laila A 10am ABeg. Beth A	<b>15</b> 8am ABeg. Hope A 9:45 Beg. Hope A
<b>16</b>	<b>17</b> FALL TERM BEGINS	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>						