

August 2019... In the Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
Yoga Teacher Key B--Brian D--Darci P--Paula R--Rachel S--Stephanie				Yoga for a Healthy Spine (D) 8:30-9:30 AM		
4	5	6	7	8	9	10
		Yoga (B) 12-1 PM Yoga (D) 5:15-6:15 PM Men's Yoga (B) 6:30-7:30 PM	Tribal Bellydance 7:15-8:30 PM	Yoga for a Healthy Spine (D) 8:30-9:30 AM Yoga for Cancer (P) 4:30-5:30 PM		
11	12	13	14	15	16	17
		Yoga (B) 12-1 PM Yoga (D) 5:15-6:15 PM Men's Yoga (B) 6:30-7:30 PM	Tribal Bellydance 7:15-8:30 PM	Yoga for a Healthy Spine (D) 8:30-9:30 AM Lunchtime Yoga (P) 12:05-12:55 PM Yoga for Cancer (P) 4:30-5:30 PM	Foundational Yoga (R) 8:30-10 AM	
18	19	20	21	22	23	24
			Tribal Bellydance Intensive 7-9 PM	Yoga for Cancer (P) 4:30-5:30 PM Lunchtime Yoga (P) 12:05-12:55 PM	Foundational Yoga (R) 8:30-10 AM	
25	26	27	28	29	30	31
Monthly Yoga (P) 9:30-10:45 AM Yoga Devotion/Kirtan 4:30-5:30 PM		Yoga (B) 12-1 PM Men's Yoga (B) 6:30-7:30 PM		Yoga for a Healthy Spine (D) 8:30-9:30 AM Lunchtime Yoga (P) 12:05-12:55 PM Yoga for Cancer (P) 4:30-5:30 PM		

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