

# FREESTYLE YOGA ACADEMY

The Bradley Building  
505 East Washington Street  
Iowa City, IA 52240  
319.430.2750

sunday	monday	tuesday	wednesday	thursday	friday	saturday
				9:00-10:15am Pilates/Yoga <i>Nicole</i>		8:00-9:15 am Flow <i>Rachael</i>
				1	2	3
4	6:00-7:15 pm <i>James</i>	9:00-10:15 am <i>Nicole</i> 6:15-7:30 pm <i>Lori</i>	6:00-7:15 pm <i>James</i>	9:00-10:15 am <i>Nicole</i> 6:15-7:30 pm <i>Rachael</i>		8:00-9:15 am Flow <i>Rachael</i>
5		6	7	8	9	10
11	6:00-7:15 pm <i>James</i>	9:00-10:15 am <i>Nicole</i> 6:00-7:15 pm <i>Nicole</i>	6:00-7:15 pm <i>James</i>	9:00-10:15 am <i>Nicole</i> 6:00-7:15 pm <i>Nicole</i>		8:00-9:15 am Flow <i>Rachael</i>
12		13	14	15	16	17
18	6:00-7:15 pm <i>James</i>	9:00-10:15 <i>Nicole</i> 6:00-7:15 pm <i>James</i>	6:00-7:15 pm <i>James</i>	9:00-10:15am <i>Nicole</i> 6:00-7:15 pm <i>Rachael</i>		8:00-9:15 am Flow <i>Rachael</i>
19		20	21	22	23	24
25	6:00-7:15 pm <i>James</i>	9:00-10:15 am <i>Nicole</i> 6:00-7:15 pm <i>Nicole</i>	6:00-7:15 pm <i>James</i>	9:00-10:15 am <i>Nicole</i> 6:00-7:15 pm <i>Nicole</i>		8:00-9:15 am Flow <i>Rachael</i>
26		27	28	29	30	31