

# Cedar and Fir Studio : Aug/Sept 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:30-9:00p Kirtan (Kitzie)	3	4 7:15-8:30a Cont. Vinyasa (Matt)	5 5:30-6:45p Hatha Yoga (Matt)	6	7	8 9:00-10:15a Hatha Yoga (Ellen)
9 7:30-9:00p Kirtan (Kitzie)	10 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	11 7:15-8:30a Cont. Vinyasa (Ellen) 10:15-11:15a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	12 5:30-6:45p Hatha Yoga (Matt)	13	14 7:30-9:00pm forestdance call for info	15 9:00-10:15a Hatha Yoga (Ellen)
16 7:30-9:00p Kirtan (Kitzie)	17 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	18 10:15-11:15a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	19	20	21	22 9:00-10:15a Hatha Yoga (Ellen)
23 7:30-9:00p Kirtan (Kitzie)	24 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	25 10:15-11:15a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	26	27	28	29 9:00-10:15a Hatha Yoga (Ellen)
30 7:30-9:00p Kirtan (Kitzie)	31	Sept 1 7:15-8:30a Cont. Vinyasa (Matt)	2 5:30-6:45p Hatha Yoga (Matt)	3	4	5 9:00-10:15a Hatha Yoga (Ellen)
6 7:30-9:00p Kirtan (Kitzie)	7	8 7:15-8:30a Cont. Vinyasa (Matt)	9 5:30-6:45p Hatha Yoga (Matt)	10	11 8:00-9:30p Boogie (Lisa)	12 9:00-10:15a Hatha Yoga (Ellen)
13 7:30-9:00p Kirtan (Kitzie)	14 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	15 7:15-8:30a Cont. Vinyasa (Matt) 10:00-11:00a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p FlowYogaPilates (Lisa)	16 5:30-6:45p Hatha Yoga (Matt)	17 10:00-11:00a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p FlowYogaPilates (Lisa)	18	19 9:00-10:15a Hatha Yoga (Ellen)
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27 7:30-9:00p Kirtan (Kitzie)	28 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	29 7:15-8:30a Cont. Vinyasa (Matt) 10:00-11:00a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p FlowYogaPilates (Lisa)	30 5:30-6:45p Hatha Yoga (Matt) 7:00-8:30p Contemplative Dance (Lisa)	Oct 1 10:00-11:00a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 4:00-5:00 Teen Yoga (free) 5:30-6:45p FlowYogaPilates (Lisa)	2 8:00-9:30p Boogie (Lisa)	3 9:00-10:15a Hatha Yoga (Ellen)

Cedar and Fir Studio  
3204 NW Grant Ave (entry on 32<sup>nd</sup>)  
541-231-6091 [cedarandfir.com](http://cedarandfir.com)