



**DECEMBER:**

20% off all Yoga Tune Up therapy balls!

10% off Punch Cards



# DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Yoga Therapy Dubuque 10:30-noon "Upper Back, Neck and Shoulder pain"
2	3 Yoga For All 5:30PM	4 Gentle Yoga 9 AM	5 Yoga Therapy Dubuque 5:30-7PM "Upper Back, Neck and Shoulder pain"	6 Yoga For All 9 AM	7	8
9	10 Yoga For All 5:30PM	11 Gentle Yoga 9 AM	12	13 Yoga For All 9 AM	14 Ladies Night 6:30 Event Dubuque	15
16	17 Yoga For All 5:30PM	18 Gentle Yoga 9 AM "Explore Your Core" 5:30-7PM Fayette	19	20 Yoga For All 9 AM	21	22
23	24 Studio Closed	25 Studio Closed	26 Studio Closed	27 Studio Closed	28 Studio Closed	29
30	31 Studio Closed	1 Studio Closed	2 Studio Closed	3 Studio Closed	4 Studio Closed	5