



energetic care wellness

2011 Fall/Winter Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30 Allegro Reformer	8:30 - 9:30 Allegro Reformer	8:30 - 9:30 Allegro Reformer		8:30 - 9:30 Allegro Reformer	
9:30 - 10:30 Allegro Reformer	9:30 - 10:30 Allegro Reformer	9:30 - 10:30 Allegro Reformer	9:30- 10:30 Allegro Reformer	9:30 - 10:30 Allegro Reformer	9:00-10:00 Allegro Reformer
					10:00-11:00 Allegro Reformer
5pm-6pm Allegro Reformer		5pm-6pm Allegro Reformer			
6pm-7pm Allegro Reformer		6pm-7pm Allegro Reformer			
					If you have a suggestion for a class or a time you would like please talk to us. We're here to help.

Visit us at www.energeticcare.com to sign up for classes or call (916) 813-7717 * If you don't sign up, it is suggested that you confirm classes are happening that day.