

Energetic Care Wellness

2010 Fall/Winter Class Schedule

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Please read each column separately as times change daily
 Looking for Yoga? All Yoga classes are now workshops.

If you don't sign up, it is suggested that you confirm classes are happening.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45am - 7:45am Allegro Reformer Jamie Starts 9/27				6:45am - 7:45am Allegro Reformer Jamie Starts 9/24	
8:30 - 9:30 Allegro Reformer Jamie Starts 9/13	9:30- 10:30 am Allegro Reformer Elizabeth	9:30-10:30 am Allegro Reformer Elizabeth	9:30- 10:30 Allegro Reformer Elizabeth	8:30 - 9:30 am Allegro Reformer Jamie	9:00-10:00 Allegro Reformer Elizabeth
9:30-10:30 am Allegro Reformer Lynda	10:30-11:30am Workshop Block Check website for details	10:30-11:30am Workshop Block Check website for details	10:30-11:30am Workshop Block Check website for details	9:30 - 10:30 Allegro Reformer Lynda	10:00-11:00 Allegro Reformer Elizabeth
12:00 -1:00 Allegro Reformer Elizabeth		12:00- 1:00 Allegro Reformer Lynda		12:00 - 1:00 Allegro Reformer Elizabeth	Many Saturday/ Sunday Workshops Check website for details
5:45 pm - 6:45pm Allegro Reformer Elizabeth	5:30pm - 6:30pm Kids Shotokan Karate Call Walt 916-939-0668	5:45pm - 6:45pm Allegro Reformer Lynda	5:30pm - 6:30pm Kids Shotokan Karate Call Walt 916-939-0668		
7:00 pm - 8:00pm Workshop Block Check website for details	6:30 -8:00pm Adult Shotokan Karate Call Walt 916-939-0668	7:00pm - 8:00pm Allegro Reformer Elizabeth	6:30 -8:00pm Adult Shotokan Karate Call Walt 916-939-0668	7:00 pm- 9:00pm Workshop Block Check website for details	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.