



June
2008

InnerWorks

Hollistic Health Center

3425 W. Central
Wichita, Kansas 67203

A Balanced Approach
to Wellness

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <i>12-1:15p</i> Gentle Yoga <i>5:30p-6:30</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	3 <i>12-1p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	4 <i>12-1:15p</i> Gentle Yoga <i>5:30p-6:30</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	5 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	6	7 <i>8-9:15</i> Flow Yoga <i>9:30-10:30</i> Pilates Fundamentals <i>9:30-10:30</i> Yoga Basics
8	9 <i>12-1:15</i> Gentle Yoga <i>5:30p-6:30</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	10 <i>12-1p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	11 <i>12-1:15p</i> Gentle Yoga <i>5:30p-6:30</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	12 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	13	14 <i>8-9:15</i> Flow Yoga <i>9:30-10:30</i> Pilates Fundamentals <i>9:30-10:30</i> Yoga Basics
15	16 <i>12-1:15p</i> Gentle Yoga <i>5:30p-6:30p</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	17 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga <i>6-7:30pm</i> Intro to APOE Diet and Adv. CV Lipid Testing	18 <i>12-1:15p</i> Gentle Yoga <i>5:30-6:30p</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	19 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	20	21 <i>8-9:15</i> Flow Yoga <i>9:30-10:30</i> Pilates Fundamentals <i>9:30-10:30</i> Yoga Basics
22	23 <i>12-1:15</i> Gentle Yoga <i>5:30p-6:30</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	24 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	25 <i>12-1:45p</i> Gentle Yoga <i>5:30-6:30p</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	26 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga	27	28 <i>8-9:15</i> Flow Yoga <i>9:30-10:30</i> Pilates Fundamentals <i>9:30-10:30</i> Yoga Basics
29	30 <i>12-1:15</i> Gentle Yoga <i>5:30p-6:30</i> Yoga for Pregnancy <i>6:45-8:00PM</i> Flow Yoga	31 <i>12-1:15p</i> Flow Yoga <i>6:45-8:00PM</i> Power Yoga				