

# September 2010

Bridlewood Massage and Family Wellness  
 90 2525 Bridlecrest Way 403 873-9553  
 www.bridlewoodmassage.com

Drop in fees: \$12/class, 10pass \$108  
 3 month unlimited \$205

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 9am~Hatha Yoga 60 minutes Mellissa A.  6pm~ Ahkand Yoga 90 minutes, Kristen  8pm~Restorative Yoga 90 minutes, Kristen	2  4:30pm~Yoga Flow 90 minutes, Kristen  6:15pm~Hatha Yoga 90 minutes, Kristen	3 9am~Hatha Yoga 60 minutes Mellissa A	4 9am~Ashtanga 90 minutes, Melissa W  11am Kids Yoga Preregistration Required	5
6 9am~Hatha Yoga 60 minutes Mellissa A  6:15pm~Ashtanga 90 minutes, Melissa W  8pm~Meditation 60 minutes. Angus	7 6pm~Yoga Flow 90 minutes, Kristen  8pm~Hatha Yoga 90 minutes, Kristen	8 9am~Hatha Yoga 60 minutes Mellissa A  6pm~ Ahkand Yoga 90 minutes, Kristen  8pm~Restorative Yoga 90 minutes. Kristen	9 2:30pm 55+yoga Preregistration required  4:30pm~Yoga Flow 90 minutes, Kristen  6:15pm~Hatha Yoga 90 minutes. Kristen	10 9am~Hatha Yoga 60 minutes, Kristen  10:30am Parent/Tot Preregistration required	11 9am~Ashtanga 90 minutes, Melissa W  11am Kids Yoga Preregistration Required	12 9am Intro to Yoga Preregistration required  11am Prenatal Yoga Preregistration required
13 9am~Hatha Yoga 60 minutes Mellissa A  6:15pmAshtanga 90 minutes, Melissa W  8pm~Meditation 60 minutes. Angus	14 6pm~Yoga Flow 90 minutes, Kristen  8pm~Hatha Yoga 90 minutes, Kristen	15 9am~Hatha Yoga 60 minutes Mellissa A  6pm~ Ahkand Yoga 90 minutes, Kristen  8pm~Restorative Yoga 90 minutes, Kristen	16 2:30pm 55+yoga Preregistration required  4:30pm~Yoga Flow 90 minutes, Kristen  6:15pm~Hatha Yoga 90 minutes. Kristen	17 9am~Hatha Yoga 60 minutes, Kristen  10:30am Parent/Tot Preregistration required	18 9am~Ashtanga 90 minutes, Melissa W  11am Kids Yoga Preregistration Required	19 9am Intro to Yoga Preregistration required  11am Prenatal Yoga Preregistration required
20  6:15pm~Ashtanga 90 minutes, Melissa W  8pm~Meditation 60 minutes. Angus	21 6pm~Yoga Flow 90 minutes, Kristen  8pm~Hatha Yoga 90 minutes, Kristen	22 9am~Hatha Yoga 60 minutes Mellissa A  6pm~ Ahkand Yoga 90 minutes, Kristen  8pm~Restorative Yoga 90 minutes. Kristen	23 2:30pm 55+yoga Preregistration required  4:30pm~Yoga Flow 90 minutes, Kristen  6:15pm~Hatha Yoga 90 minutes. Kristen	24 9am~Hatha Yoga 60 minutes, Kristen  10:30am Parent/Tot Preregistration required	25 9am~Ashtanga 90 minutes, Melissa W  11am Kids Yoga Preregistration Required	26 9am Intro to Yoga Preregistration required  11am Prenatal Yoga Preregistration required
27 9am~Hatha Yoga 60 minutes Mellissa A  6:15pm~Ashtanga 90 minutes, Melissa W  8pm~Meditation 60 minutes. Angus	28 6pm~Yoga Flow 90 minutes, Kristen  8pm~Hatha Yoga 90 minutes, Kristen	29 9am~Hatha Yoga 60 minutes Mellissa A  6pm~ Ahkand Yoga 90 minutes, Kristen  8pm~Restorative Yoga 90 minutes, Kristen	30 2:30pm 55+yoga Preregistration required  4:30pm~Yoga Flow 90 minutes, Kristen  6:15pm~Hatha Yoga 90 minutes, Kristen			