



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SUNDAYS RESERVED FOR SPECIAL EVENTS & WORKSHOPS. CHECK ONLINE at www.EOSWholeFitness.com FOR UPDATES, HOLIDAY EXCEPTIONS, EVENT DETAILS, OR CALL 330.318.7210</p>	<p>7:30–8:30 AM Sunrise Yoga</p> <p>9:00-10:00 AM ATS Base Class</p> <p><i>(Would your group like to start a lunch time class? Just call 330.518.4402!)</i></p> <p>5:45 – 6:45 PM Yoga</p> <p>7-9 PM BD Technique, Drills, & Zills (Troupe Only, when announced)</p>	<p>3:00 – 4:00 PM Belly Dance I NEW BELLYDANCE CLASS LEVEL 1 BEGINS JAN 19 3-4PM</p> <p>4:15–5:15 PM Belly Dance II</p> <p>5:30 – 6:30 PM BD Conditioning</p> <p>6:45 – 8:00 PM EOS TROUPE</p> <p>8:00-9:00 PM Drum Collaboration for Troupe Members (when announced)</p>	<p>7:30–8:30 AM Sunrise Yoga</p> <p>9:00-10:00 AM ATS Base Class</p> <p><i>(Would your group like to start a lunch time class? Just call 330.518.4402!)</i></p> <p>4/4:30 – 5/5:30 – ATS Format (Inquire)</p> <p>NEW BELLYDANCE CLASS LEVEL 1 BEGINS JAN 20 5:30 – 6:30 PM</p> <p>8:00 – 9:00 PM Golfer’s Yoga (Ideal for all those needing more flexibility and stability)</p>	<p><i>(Would your group like to start an after work class? Just call 330.518.4402!)</i></p> <p>5:45 – 7:45 PM “Killer Conditioning” for Belly Dancers*</p> <p>*EXCEPT FOR EVERY 3rd THURS OF THE MONTH WHICH IS RESERVED FOR “GRUB CLUB”</p>	<p>9:00-10:00 AM Sunrise Yoga</p> <p>10:30-11:30 AM Moderate Yoga & Re-Conditioning By Appt</p> <p><i>(Would your group like to start a lunch time class? Just call 330.518.4402!)</i></p>	<p>11:00 AM–12PM Belly Dance I NEW BELLYDANCE CLASS LEVEL 1 STARTS JAN 16</p> <p>12:00 – 1:00 PM Belly Dance II</p> <p>1:30 – 2:30 PM BD Conditioning</p> <p>2:45 – 4:00 PM EOS TROUPE</p> <p>4-5 – Troupe Zil and/or Drum practice (when announced - 1-2xs per month) -----</p>