



# Excite!

wellness  
studio

## October 2018

107 N. BRIDGE STREET -CHIPPEWA FALLS, WI

Yoga \$10 Drop in Rate.  
Zumba \$5 Drop In Rate.

| Sun | Mon                   | Tue                       | Wed                               | Thu  | Fri   | Sat   |
|-----|-----------------------|---------------------------|-----------------------------------|--|---|---|
|     | 1<br>6:15pm<br>ZUMBA  | 2<br><b>NO YOGA</b>       | 3                                 | 4  | 5   | 6<br>8:15am<br>ZUMBA  |
| 7   | 8<br>6:15pm<br>ZUMBA  | 9<br><b>NO YOGA</b>       | 10                                | 11   | 12  | 13<br>8:15am<br>ZUMBA   |
| 14  | 15<br>6:15pm<br>ZUMBA | 16<br>6:00pm<br>Yoga Flow | 17                                | 18   | 19  | 20<br>8:15am<br>ZUMBA   |
| 21  | 22<br>6:15pm<br>ZUMBA | 23<br>6:00pm<br>Yoga Flow | 24                                | 25   | 26  | 27<br>8:15am<br>ZUMBA   |
| 28  | 29<br>6:15pm<br>ZUMBA | 30<br>6:00pm<br>Yoga Flow | 31<br><b>Happy<br/>Halloween!</b> |  |  |  |