

October 2011

live free 

lululemon community events this month

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Please Welcome CorePower Yoga as our Studio of the Month! All Instructors for the month teach at CorePower Yoga located at NW 23rd & Quimby and SE 9th & Morrison</p>						1
2 YOGA Krystal Newstrom 10-11 a.m.	3	4 GROUP RUN 3-5 miles 6 p.m.	5 GROUP RUN Hosted by Team Athena 3-5 miles 7 a.m.	6 YOGA Sarah Kurtz 7:30-8:30 p.m.	7	8
9 YOGA Meg Atkinson 10-11 a.m.	10	11 GROUP RUN 3-5 miles 6 p.m.	12 GROUP RUN Hosted by Team Athena 3-5 miles 7 a.m.	13 YOGA Amanda Marchbanks 7:30-8:30 p.m.	14	15
16 YOGA Nattika Detskultorn 10-11 a.m.	17	18 GROUP RUN 3-5 miles 6 p.m.	19 GROUP RUN Hosted by Team Athena 3-5 miles 7 a.m.	20 YOGA Sarah Goble 7:30-8:30 p.m.	21	22
23 YOGA Romani Lay 10-11 a.m.	24	25 GROUP RUN 3-5 miles 6 p.m.	26 GROUP RUN Hosted by Team Athena 3-5 miles 7 a.m.	27 YOGA Holly Vetrone 7:30-8:30 p.m.	28	29
30 YOGA Rhiannon Wynn 10-11 a.m.	31					

lululemon  athletica

1231 NW Couch Street, Portland Oregon, 97209 phone: 503.274.0007
 Store Hours: Monday - Saturday 10 a.m. - 7 p.m., Sunday 11 a.m. - 6 p.m.

All classes are FREE and great for yogis of any level.

BRING A MAT AND A FRIEND!

Street parking is free after 7 p.m.