

Weekend
Class Cost: \$320.00
 (If class is shorter, cost will be less)
\$75 non-refundable deposit required upon signing up for class
 10 day cancellation required on all sign-ups. Must pay in full (14) days prior to class. Classes less than 20 hours not included in Level II contract.

The Body Institute Inc.

8331 Sierra College Blvd. #210
 Granite Bay, CA 95746

Class Hours
 Friday 8:00 a.m. - 6:30 p.m.
 Saturday 8:00 a.m. - 6:30 p.m.
 Minimum class size 10
 Maximum class size 20
 (Dates subject to change)

2008

Advanced Class Schedule

NOTE: New FRIDAY/SATURDAY & SATURDAY/SATURDAY Classes

***January**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sports Massage
 (8:00 a.m. - 6:30 p.m. S & S)
 Rachel Lawrence, BS, MT

February

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

Stone Therapy
 (8:00 a.m. - 6:30 p.m. F & S)
 Jennifer Popova, MT

March

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Bowen Therapy
 (8:00 a.m. - 6:30 p.m. F & S)
 Teresa Reynolds-Nead, MT

***April**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Functional Deep Tissue
 (8:00 a.m. - 6:30 p.m. S & S)
 Ken Ross, MT

***May**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Prenatal Massage
 (8:00 a.m. - 6:30 p.m. F & S)
 Jennifer Popova, MT

***June**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Geriatric Massage
 (8:00 a.m. - 6:30 p.m. F & S)
 Teresa Reynolds-Nead, MT

***July**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TBA
 (8:00 a.m. - 6:30 p.m. S & S)

***August**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Thai Table Massage
 (8:00 a.m. - 6:30 p.m. F & S)
 Jennifer Popova, MT

***September**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Lymphatic Drainage
 (8:00 a.m. - 6:30 p.m. F & S)
 Teresa Reynolds-Nead, MT

***October**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Myofascial Release I (Upper Extremities)
 (8:00 a.m. - 6:30 p.m. S & S)
 Rachel Lawrence, BS, MT

***November**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Myofascial Release II (Lower Extremities)
 (8:00 a.m. - 6:30 p.m. S & S)
 Rachel Lawrence, BS, MT

December

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Reflexology
 (8:00 a.m. - 6:30 p.m. S & S)
 TBA

*** Prerequisite - Must have completed Fundamentals class in order to attend Advanced Classes**

NOTE: NEW FRIDAY/SATURDAY & SATURDAY/SATURDAY CLASSES