



2025 CALENDAR

*RACE ON SATURDAY

R1	 14-16 MAR AUSTRALIA MELBOURNE	R13	 25-27 JUL BELGIUM SPA
R2	 21-23 MAR CHINA SHANGHAI	R14	 01-03 AUG HUNGARY BUDAPEST
R3	 04-06 APR JAPAN SUZUKA	R15	 29-31 AUG NETHERLANDS ZANDVOORT
R4	 11-13 APR BAHRAIN Sakhir	R16	 05-07 SEP ITALY MONZA
R5	 18-20 APR SAUDI ARABIA JEDDAH	R17	 19-21 SEP AZERBAIJAN BAKU
R6	 02-04 MAY USA MIAMI	R18	 08-09 OCT SINGAPORE SINGAPORE
R7	 10-12 MAY ITALY MUGLO	R19	 27-29 OCT USA AUSTIN
R8	 28-30 MAY MONACO MONACO	R20	 24-26 OCT MEXICO MEXICO CITY
R9	 30 MAY-01 JUN SPAIN BARCELONA	R21	 07-09 NOV BRAZIL SAO PAULO
R10	 15-17 JUN CANADA MONTREAL	R22	 20-22 NOV USA LAS VEGAS
R11	 27-29 JUN AUSTRIA SPELBERG	R23	 28-30 NOV QATAR LUSAL
R12	 04-06 JUL UNITED KINGDOM SILVERSTONE	R24	 05-07 DEC ABU DHABI YAS VARNIA

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Assists offers yoga instructors the first step by step consent based system for mastering safe anatomy informed assists complete with photo guidance anatomical figures and practical tools to build confidence and elevate teaching in any class setting

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web may 22 2020 if you have downloaded any of the fluid and electrolyte cheat sheets then you will see i like to present the information about each imbalance in a table for example this is the table that i created for hypokalemia and hyperkalemia hypokalemia hyperkalemia lab value 3 5 meq l lab value 5 meq l causes

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