

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>2</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p>	<p>3</p> <p>7:30 Pilates/Yoga Fusion (Deb) *OUTSIDE</p> <p>8:00 Stretch (Janice)</p> <p>11:00am ELDOA (Janice)</p>	<p>4</p> <p>7:30am Mat Pilates and Yoga Fusion (Olga)</p> <p>8:30am Stretch (Olga)</p>
<p>5</p>	<p>6</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>7</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am Mat Pilates (Olga)</p>	<p>8</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>9</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p>	<p>10</p> <p>9:00am Stability/Mobility (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am ELDOA (Janice)</p>	<p>11</p> <p>7:30am Mat Pilates and Yoga Fusion (Olga)</p> <p>8:30am Stretch (Olga)</p>
<p>12</p>	<p>13</p> <p>No Class</p>	<p>14</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am Mat Pilates (Olga)</p>	<p>15</p> <p>No Class</p>	<p>16</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p>	<p>17</p> <p>9:00am Stability/Mobility (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am ELDOA (Janice)</p>	<p>18</p> <p>7:30am Mat Pilates and Yoga Fusion (Olga)</p> <p>8:30am Stretch (Olga)</p>
<p>19</p>	<p>20</p> <p>No Class</p>	<p>21</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am Mat Pilates (Olga)</p>	<p>22</p> <p>No Class</p>	<p>23</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p>	<p>24</p> <p>No Class</p>	<p>25</p> <p>No Class</p>
<p>26</p>	<p>27</p> <p>No Class</p>	<p>28</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am Mat Pilates (Olga)</p>	<p>29</p> <p>No Class</p>	<p>30</p> <p>9:00am Strength Training (Olga)</p> <p>10:00am Stretch (Olga)</p>	<p>31</p> <p>9:00am Stability/Mobility (Olga)</p> <p>10:00am Stretch (Olga)</p> <p>11:00am ELDOA (Janice)</p>	