

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 7:30am Mat Pilates (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	<b>2</b> 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	<b>3</b> 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	<b>4</b>
<b>5</b>	<b>6</b> NO CLASS	<b>7</b> 7:30am Mat Pilates (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	<b>8</b> 7:30am Mat Pilates (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	<b>9</b> 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	<b>10</b> 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	<b>11</b>
<b>12</b>	<b>13</b> 7:30am Yin Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>14</b> 7:30am Mat Pilates (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	<b>15</b> 7:30am Yin Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>16</b> 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	<b>17</b> 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	<b>18</b>
<b>19</b>	<b>20</b> 7:30am Yin Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>21</b> 7:30am Mat Pilates (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	<b>22</b> 7:30am Yin Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>23</b> 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	<b>24</b> 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	<b>25</b>
<b>26</b>	<b>27</b> 7:30am Yin Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>28</b> 7:30am Mat Pilates (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	<b>29</b> 7:30am Yin Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>30</b> 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)		