

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	3 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	4 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)		6 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	7
8	9 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	10 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	11 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	12 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	13 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	14
15	16 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	17 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	18 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	19 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	20 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	21
22	23 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	24 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	25 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	26 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	2 NO CLASS	28
29	30 7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)	31 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)				