

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*Sunday classes will be held outside on the deck, indoors in the event of inclement weather.</p>			<p>1</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)</p>	<p>3</p> <p>7:30am Vinyasa Flow (Ash) 8:30am Restorative Flow (Ash)</p>	<p>4</p> <p>6:30am HITT and Stretch (Olga) 7:30am Mat Pilates and Yoga Fusion (Olga) *8:30am Stretch (Olga)</p>
<p>5</p> <p>*6:30am Vinyasa Flow (Ash) *7:30am Restorative Flow (Ash)</p>	<p>6</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>7</p> <p>7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)</p>	<p>8</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>9</p> <p>7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)</p>	<p>10</p> <p>NO CLASS</p>	<p>11</p> <p>6:30am HITT and Stretch (Olga) 7:30am Mat Pilates and Yoga Fusion (Olga) *8:30am Stretch (Olga)</p>
<p>12</p> <p>*6:30am Vinyasa Flow (Ash) *7:30am Restorative Flow (Ash)</p>	<p>13</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>14</p> <p>7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)</p>	<p>15</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>16</p> <p>7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)</p>	<p>17</p> <p>7:30am Body Tone (Janice) 8:30am ELDOA (Janice)</p>	<p>18</p> <p>6:30am HITT and Stretch (Olga) 7:30am Mat Pilates and Yoga Fusion (Olga) *8:30am Stretch (Olga)</p>
<p>19</p> <p>*6:30am Vinyasa Flow (Ash) *7:30am Restorative Flow (Ash)</p>	<p>20</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>21</p> <p>7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)</p>	<p>22</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>23</p> <p>7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)</p>	<p>2</p> <p>7:30am Body Tone (Janice) 8:30am ELDOA (Janice)</p>	<p>25</p> <p>6:30am HITT and Stretch (Olga) 7:30am Mat Pilates and Yoga Fusion (Olga) *8:30am Stretch (Olga)</p>
<p>26</p> <p>*6:30am Vinyasa Flow (Ash) *7:30am Restorative Flow (Ash)</p>	<p>27</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>28</p> <p>7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)</p>	<p>29</p> <p>7:30am Gentle Yoga (Deb) 8:30am Yoga Fusion (Deb)</p>	<p>30</p> <p>7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)</p>		<p>Saturday classes will be held outside on the deck.</p> <p>*8:30 classes will be held in the spa yoga room</p>