

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Outdoor classes will be held indoors in the event of inclement weather.						<b>1</b> 6:30am HITT and Stretch (Olga) <b>*OUTDOOR*</b>  7:30am Mat Pilates and Yoga Fusion (Olga) <b>*OUTDOOR*</b>  8:30am Indoor Stretch (Olga)
<b>2</b>	<b>3</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>4</b> 7:30am Strength Training (Olga)  8:30am Mat Pilates (Olga)  9:30am Stretch (Olga)	<b>5</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>6</b> 7:30am Mat Pilates (Olga)  8:30am Stretch (Olga)	<b>7</b> 7:30am Body Tone (Janice)  8:30am ELDOA (Janice)	<b>8</b> 6:30am HITT and Stretch (Olga) <b>*OUTDOOR*</b>  7:30am Mat Pilates and Yoga Fusion (Olga) <b>*OUTDOOR*</b>  8:30am Indoor Stretch (Olga)
<b>9</b>	<b>10</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>11</b> 7:30am Yoga (Deb)  8:30am Vinyasa Flow (Deb)  9:30am Stretch (Deb)	<b>12</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>13</b> 7:30am Mat Pilates (Olga)  8:30am Stretch (Olga)	<b>14</b> 7:30am Body Tone (Janice)  8:30am ELDOA (Janice)	<b>15</b> 6:30am HITT and Stretch (Olga) <b>*OUTDOOR*</b>  7:30am Mat Pilates and Yoga Fusion (Olga) <b>*OUTDOOR*</b>  8:30am Indoor Stretch (Olga)
<b>16</b>	<b>17</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>18</b> 7:30am Strength Training (Olga)  8:30am Mat Pilates (Olga)  9:30am Stretch (Olga)	<b>19</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>20</b> 7:30am Mat Pilates (Olga)  8:30am Stretch (Olga)	<b>2</b> 7:30am Body Tone (Janice)  8:30am ELDOA (Janice)	<b>22</b> 7:30am Body Tone (Janice) <b>*INDOOR*</b>  8:30am Stretch (Janice) <b>*INDOOR*</b>
<b>23/30</b>	<b>24/31</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>25</b> 7:30am Strength Training (Olga)  8:30am Mat Pilates (Olga)  9:30am Stretch (Olga)	<b>26</b> 7:30am Gentle Yoga (Deb)  8:30am Yoga Fusion (Deb)	<b>27</b> 7:30am Mat Pilates (Olga)  8:30am Stretch (Olga)	<b>2</b> 7:30am Body Tone (Janice)  8:30am ELDOA (Janice)	<b>29</b> 6:30am HITT and Stretch (Olga) <b>*OUTDOOR*</b>  7:30am Mat Pilates and Yoga Fusion (Olga) <b>*OUTDOOR*</b>  8:30am Indoor Stretch (Olga)