

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	3 7:00am Mat Pilates (Olga) 8:00am Stretch (Olga) 9:00am ELDOA (Janice)	4 6:30am HITT and Stretch (Olga) 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
5	6 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	7 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	8 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	9 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	10 9:00am ELDOA (Janice)	11 7:30am Body Tone (Janice) 8:30am Stretch (Janice)
12	13 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	14 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	15 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	16 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	17 7:00am Mat Pilates (Olga) 8:00am Stretch (Olga) 9:00am ELDOA (Janice)	18 6:30am HITT and Stretch (Olga) 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
19	20 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	21 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	22 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	23 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	24 9:00am ELDOA (Janice)	25 7:30am Body Tone (Janice) 8:30am Stretch (Janice)
26	27 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	28 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)				