

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	3 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga)	4 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	5 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	6 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	7 <b>NO CLASS</b>
8	9 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	10 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga)	11 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	12 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	13 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	14 <b>NO CLASS</b>
15	16 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	17 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga)	18 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	19 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	20 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	21 <b>NO CLASS</b>
22	23 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	24 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga)	25 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	26 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	27 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	28 7:30am Mat Pilates and Yoga Fusion (Olga) <b>*OUTSIDE*</b> 8:30am Stretch (Olga)
29	30 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	31 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga)				<b>Outside classes: Please meet in yoga studio</b>