

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