

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