

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