

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Mat Pilates and Stretch (Olga)	2 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	3 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	4 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga) 11:30am ELDOA (Janice)	5 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
6	7 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	8 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Mat Pilates and Stretch (Olga)	9 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	10 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	11 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga) 11:30am ELDOA (Janice)	12 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
13	14 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	15 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Mat Pilates and Stretch (Olga)	16 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	17 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	18 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	19 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
20	21 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	22 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Mat Pilates and Stretch (Olga)	23 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	24 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	25 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga) 11:30am ELDOA (Janice)	26 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
27	28 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	29 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Mat Pilates and Stretch (Olga)	30 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)			