

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