

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