

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00am Strength Training (Olga) 11:00am Stretch (Olga)	2 NO CLASS	10:00am Mat Pilates (Olga) 11:00am Stretch (Olga)	4 NO CLASS	5 7:30am Mat Pilates and Yoga Fusion (Olga) *OUTSIDE * meet in yoga studio 8:30am Stretch (Olga)
6	7 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	8 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	9 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	10 7:00-8:00 Private Class 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 NO CLASS
13	14 NO CLASS	15 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	16 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	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) 11:30am ELDOA (Janice)	19 7:30am Mat Pilates and Yoga Fusion (Olga) *OUTSIDE * meet in yoga studio 8:30am Stretch (Olga)
20	21 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	22 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	23 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	24 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	2 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) *OUTSIDE * meet in yoga studio 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 Stretch (Olga)	30 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	31 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)		