

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	2 8:00am Cardio Groove Sculpt (Denise) 9:00am Stretch (Denise)
3	4 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	5 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	6 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	7 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	8 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	9 7:30am Mat Pilates and Yoga Fusion (Olga) *OUTSIDE * meet in yoga studio 8:30am Stretch (Olga)
10	11 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	12 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	13 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	14 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	15 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	16 8:00am Cardio Groove Sculpt (Denise) 9:00am Stretch (Denise)
17	18 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	19 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	20 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	21 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	22 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	23 8:00am Cardio Groove Sculpt (Denise) 9:00am Stretch (Denise)
24/31	25 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	26 7:30 Stability and Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	27 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	28 7:30 Strength and Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	29 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	30 7:30am Mat Pilates and Yoga Fusion (Olga) *OUTSIDE * meet in yoga studio 8:30am Stretch (Olga)