

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