

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