

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:00am Cardio Sculpt (Denise) 9:00am Stretch (Denise)
2	3 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	4 7:30am Stability/Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	5 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	6 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	7 7:30am Stability/Mobility (Denise) 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	8 8:00am Cardio Sculpt (Denise) 9:00am Stretch (Denise)
9	10 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	11 7:30am Stability/Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	12 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	13 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	14 7:30am Stability/Mobility (Denise) 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	15 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
16	17 NO CLASS	18 7:30am Stability/Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	19 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	20 7:30am Strength/Stretch (Denise) 8:30am Mat Pilates (Denise) 9:30am Stretch (Denise)	21 7:30am Stability/Mobility (Denise) 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	22 8:00am Cardio Sculpt (Denise) 9:00am Stretch (Denise)
23/30	24 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	25 7:30am Stability/Mobility (Denise) 8:30am Strength Training (Denise) 9:30am Stretch (Denise)	26 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	27 NO CLASS Happy Thanksgiving!	28 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	29 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)