

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