

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