

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 NO CLASS	2 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
3	4 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	5 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb) 9:30am Stretch (Deb)	6 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	7 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	8 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	9 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
10	11 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	12 7:30am Stability/Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	13 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	14 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	15 NO CLASS	16 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
17	18 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	19 7:30am Stability/Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	20 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	21 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	22 NO CLASS	23 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)
24/31	25 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	26 7:30am Stability/Mobility (Olga) 8:30am Strength Training (Olga) 9:30am Stretch (Olga)	27 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	28 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	29 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	30 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)