

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	2 7:30am Strength/Stretch (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	3 7:30am Stability/Mobility (Denise) 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	4 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)
5	6 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	7 9:45am Strength Training (Olga) 10:30am Stretch (Olga)	8 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	9 9:45am Mat Pilates (Olga) 10:30am Stretch (Olga)	10 7:30am Stability/Mobility (Denise) 8:30am Power Pilates (Denise) 9:30am Stretch (Denise)	11 8:00am Mat Pilates/Yoga Fusion (Denise) 9:00am Stretch (Denise)
12	13 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	14 7:30am Stability/Mobility (Deb) 8:30am Strength Training (Deb) 9:30am Stretch (Deb)	15 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	16 NO CLASS	17 NO CLASS	18 NO CLASS
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)	24 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	25 7:30am Mat Pilates/Yoga Fusion (Olga) 8:30am Stretch (Olga)
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)	31 7:30am Stability/Mobility (Olga) 8:30am Power Pilates (Olga) 9:30am Stretch (Olga)	