

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