

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