

# SPA FITNESS CALENDAR March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	<b>2</b> 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
<b>3</b>	<b>4</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>5</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga) 12:00 ELDOA (Janice)	<b>6</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>7</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	<b>8</b> 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	<b>9</b> 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
<b>10</b>	<b>11</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>12</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga) 12:00 ELDOA (Janice)	<b>13</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>14</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	<b>15</b> 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	<b>16</b> 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
<b>17</b>	<b>18</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>19</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga) 12:00 ELDOA (Janice)	<b>20</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>21</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	<b>22</b> 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	<b>23</b> 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)
<b>24/31</b>	<b>25</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>26</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga) 11:00am Mat Pilates (Olga) 12:00 ELDOA (Janice)	<b>27</b> 7:30am Gentle Yoga (Deb) 8:30am Vinyasa Yoga (Deb)	<b>28</b> 9:00am Strength Training (Olga) 10:00am Stretch (Olga)	<b>29</b> 8:00am ELDOA (Janice) 9:00am Stability/Mobility (Olga) 10:00am Stretch (Olga)	<b>30</b> 7:30am Mat Pilates and Yoga Fusion (Olga) 8:30am Stretch (Olga)