

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	1 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	2 NO CLASS	3
4	5 NO CLASS	6 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	7 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	8 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	9 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	10
11	12 NO CLASS	13 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	14 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	15 7:00am Reserved for Private session 8:00am Mat Pilates (Olga)	16 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	17
18	19 NO CLASS	20 7:30am Strength Training (Janice) 8:30am Stretch (Janice)	21 7:30am Strength Training (Sub) 8:30am Mat Pilates (Sub)	22 7:30am Mat Pilates (Sub) 8:30am Stretch (Sub)	23 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	24
25	26 NO CLASS	27 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	28 7:30am Strength Training (Olga) 8:30am Mat Pilates (Olga) 9:30am Stretch (Olga)	29 7:30am Mat Pilates (Olga) 8:30am Stretch (Olga)	30 7:30am Body Tone (Janice) 8:30am ELDOA (Janice)	31