

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