

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