

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>7:30am Mat Pilates and Yoga Fusion (Olga)</p> <p>8:30am Stretch (Olga)</p>
<p>2</p>	<p>3</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>4</p> <p>7:30 Stability and Mobility (Olga)</p> <p>8:30am Strength Training (Olga)</p> <p>9:30am Stretch (Olga)</p> <p>10:30am Mat Pilates (Olga)</p>	<p>5</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>6</p> <p>7:30 Strength and Stretch (Olga)</p> <p>8:30am Mat Pilates (Olga)</p> <p>9:30am Stretch (Olga)</p>	<p>7</p> <p>7:30am Stability/Mobility (Olga)</p> <p>8:30am Power Pilates (Olga)</p> <p>9:30am Stretch (Olga)</p> <p>11:00am ELDOA (Janice)</p>	<p>8</p> <p>7:30am Mat Pilates and Yoga Fusion (Olga)</p> <p>8:30am Stretch (Olga)</p>
<p>9</p>	<p>10</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>11</p> <p>7:30 Gently Yoga (Olga)</p> <p>8:30am Vinyasa Flow (Olga)</p> <p>9:30am Stretch (Olga)</p> <p>10:30am Strength for Yoga (Olga)</p>	<p>12</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>13</p> <p>7:30 Strength and Stretch (Olga)</p> <p>8:30am Mat Pilates (Olga)</p> <p>9:30am Stretch (Olga)</p>	<p>14</p> <p>7:30am Stability/Mobility (Galina)</p> <p>8:30am Power Pilates (Galina)</p> <p>9:30am Stretch (Galina)</p> <p>11:00am ELDOA (Janice)</p>	<p>15</p> <p>No Class</p>
<p>16</p>	<p>17</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>18</p> <p>7:30 Stability and Mobility (Olga)</p> <p>8:30am Strength Training (Olga)</p> <p>9:30am Stretch (Olga)</p> <p>10:30am Mat Pilates (Olga)</p>	<p>19</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>20</p> <p>7:30 Strength and Stretch (Olga)</p> <p>8:30am Mat Pilates (Olga)</p> <p>9:30am Stretch (Olga)</p>	<p>21</p> <p>7:30am Stability/Mobility (Galina)</p> <p>8:30am Power Pilates (Galina)</p> <p>9:30am Stretch (Galina)</p> <p>11:00am ELDOA (Janice)</p>	<p>22</p> <p>No Class</p>
<p>23</p>	<p>24</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>25</p> <p>7:30 Stability and Mobility (Olga)</p> <p>8:30am Strength Training (Olga)</p> <p>9:30am Stretch (Olga)</p> <p>10:30am Mat Pilates (Olga)</p>	<p>26</p> <p>7:30am Gentle Yoga (Deb)</p> <p>8:30am Vinyasa Yoga (Deb)</p>	<p>27</p> <p>7:30 Strength and Stretch (Olga)</p> <p>8:30am Mat Pilates (Olga)</p> <p>9:30am Stretch (Olga)</p>	<p>28</p> <p>7:30am Stability/Mobility (Olga)</p> <p>8:30am Power Pilates (Olga)</p> <p>9:30am Stretch (Olga)</p> <p>11:00am ELDOA (Janice)</p>	