

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