



# Yoga & Pilates Class Schedule October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>3 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>4 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>5 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>6</p>
<p>9 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>10 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>11 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>12 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>13</p>
<p>16 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>17 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>18 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>19 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>20</p>
<p>23 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>24 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>25 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>26 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>	<p>27</p>
<p>30 Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm</p>	<p>31 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am</p>			