



Yoga & Pilates Class Schedule January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
4 Closed	2 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	3 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	4 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	5
8 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	9 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	10 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	11 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	12
15 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	16 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	17 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	18 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	19
22 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	23 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	24 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	25 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	26
29 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	30 Turbo Fusion 5:30-6:15am Turbo Fusion 9:00-10:00am Yoga Express 10:00-10:30am Chair Yoga 10:45-11:15am	31 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm		