



# Yoga & Pilates Class Schedule December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
				1
3 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	4 Turbo Fusion 5:30-6:15am	5 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	6 Turbo Fusion 5:30-6:15am	7
10 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	11 Turbo Fusion 5:30-6:15am	12 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	13 Turbo Fusion 5:30-6:15am	14
17 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	18 Turbo Fusion 5:30-6:15am	19 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	20 Turbo Fusion 5:30-6:15am	21
24 Pilates 9:00-9:45am	25 Closed for Christmas	26 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm	27 Turbo Fusion 5:30-6:15am	28
31 Pilates 9:00-9:45am				