



Yoga & Pilates Class Schedule January 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------|--|--------------------------------|--------|
| | 1 Closed for New Years | 2 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 3 Turbo Fusion 5:30-6:15am | 4 |
| 7 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 8 Turbo Fusion 5:30-6:15am | 9 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 10 Turbo Fusion 5:30-6:15am | 11 |
| 14 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 15 | 16 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 17 | 18 |
| 21 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 22 Turbo Fusion 5:30-6:15am | 23 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 24 Turbo Fusion 5:30-6:15am | 25 |
| 28 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 29 Turbo Fusion 5:30-6:15am | 30 Pilates 9:00-9:45am Pilates 4:45-5:30pm Hatha Yoga 5:30-6:30pm | 31 Turbo Fusion 5:30-6:15am | |