



# Yoga & Pilates Class Schedule August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yoga-Pilates Sculpt 5:30-6:15am	2 Hatha Yoga 6:00-6:45am
5 Pilates 9:00-9:45am	6 Yoga-Pilates Sculpt 5:30-6:15am	7 Pilates 9:00-9:45am	8 Yoga-Pilates Sculpt 5:30-6:15am	9 Hatha Yoga 6:00-6:45am
12 Pilates 9:00-9:45am	13 Yoga-Pilates Sculpt 5:30-6:15am	14 Pilates 9:00-9:45am	15 Yoga-Pilates Sculpt 5:30-6:15am	16 Hatha Yoga 6:00-6:45am
19 Pilates 9:00-9:45am	20 Yoga-Pilates Sculpt 5:30-6:15am	21 Pilates 9:00-9:45am	22 Yoga-Pilates Sculpt 5:30-6:15am	23 Hatha Yoga 6:00-6:45am
26 Pilates 9:00-9:45am	27	28 Pilates 9:00-9:45am	29	30 Hatha Yoga 6:00-6:45am