

January 2018						
◀ December		February ▶				
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 No Class Happy New Year!	2	3 8:45 ½ & ½ Martha 5:30 Slow Flow & Stretch Yoga- Karen	4	5 8:45 Dynamic Flow Yoga - Karen	6 9:00 Tennis Conditioning Martha
7	8 8:45 Nike TBC Martha 7:00 Pilates - RA	9	10 8:45 ½ & ½ Martha 5:30 Slow Flow & Stretch Yoga- Karen	11	12 8:45 Mat Science Donna P	13 9:00 Total Body Donna P
14	15 8:45 Total Body Martha 7:00 Pilates - RA	16	17 8:45 ½ & ½ Martha 5:30 Slow Flow & Stretch Yoga- Karen	18	19 8:45 Dynamic Flow Yoga - Karen	20 9:00 Fluid Flow & Stretch Yoga - Karen
21	22 8:45 Nike TBC Donna 7:00 Pilates - RA	23	24 8:45 ½ & ½ Martha 5:30 Slow Flow & Stretch Yoga- Karen	25	26 8:45 Mat Science Donna P	27 9:00 Tennis Conditioning Donna P
28	29 8:45 Total Body Donna 7:00 Pilates - RA	30	31 8:45 ½ & ½ Martha 5:30 Slow Flow & Stretch Yoga- Karen			