



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 11:00am Free Style 50's</p> <p>5:30pm Pilates</p>	<p>7:00am Step Interval 9:00am Pilates 10:30am Yoga - Slow Flow</p>	<p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 9:45am Tai Chi Workshop 10am ZUMBA® Toning</p>	<p>8:00am Restorative Stretch 9:00am Pilates</p>
<p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics</p> <p>6:30pm ZUMBA®</p>	<p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30 Pound Fit</p>	<p>7:00am Bit of Everything 9:00am Pilates 10:30am Ballet Balance & Strenght</p> <p>2:00pm Body Basics</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 11:00am Free Style 50's</p> <p>5:30pm Pilates</p>	<p>7:00am Step Interval 9:00am Pilates 10:30am Yoga - Slow Flow</p>	<p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 9:45am Tai Chi Workshop 10am ZUMBA® Toning</p>	<p>8:00am Restorative Stretch 9:00am Pilates</p>
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