

# APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Pilates Fusion 7:30-8:30am	28 Barre Pilates 6:15-7:15am	29 Pilates Flex & Stretch 7:30-8:30am Hatha Yoga 9-10am	30 Pilates Fusion 6:15-7:15am	31	1 Barre Pilates 9-10am
2	3 Pilates Fusion 7:30-8:30am	4 Barre Pilates 6:15-7:15am	5 Pilates Flex & Stretch 7:30-8:30am Hatha Yoga 9-10am	6 Pilates Fusion 6:15-7:15am	7	8 Hatha Yoga 9-10am
9	10 Pilates Fusion 7:30-8:30am	11 Barre Pilates 6:15-7:15am	12 Pilates Flex & Stretch 7:30-8:30am Hatha Yoga 9-10am	13 Pilates Fusion 6:15-7:15am	14	15 Pilates Fusion 9-10am
16	17 Pilates Fusion 7:30-8:30am	18 Barre Pilates 6:15-7:15am	19 Pilates Flex & Stretch 7:30-8:30am Hatha Yoga 9-10am	20 Pilates Fusion 6:15-7:15am	21	22 TRX Flex & Stretch 9-10am
23 Restorative Yoga 3-4:15pm	24 Pilates Fusion 7:30-8:30am	25 Barre Pilates 6:15-7:15am	26 Pilates Flex & Stretch 7:30-8:30am Hatha Yoga 9-10am	27 Pilates Fusion 6:15-7:15am	28	29 TBD 9-10am
30	1 Pilates Fusion 7:30-8:30am	2 Barre Pilates 6:15-7:15am	3 Pilates Flex & Stretch 7:30-8:30am Hatha Yoga 9-10am	4 Pilates Fusion 6:15-7:15am	5	6 Barre Pilates 9-10am

