

January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	Notes				

February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	Notes				

March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	Notes				

April 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	Notes				

May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	Notes				

June 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	Notes				

July 2023

The word "SUMMER" is written in large, bold, blue-outlined letters. The background of the letters is a photograph of tall, golden-brown grasses in a field under a clear blue sky.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes				

August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Barre Pilates 615-715am	2 Hatha Yoga 900-1000am	3 Pilates Fusion 615-715am	4	5 Barre Pilates 900-1000am
6	7	8 Barre Pilates 615-715am	9 Hatha Yoga 900-1000am	10 Pilates Fusion 615-715am	11	12 Pilates Fusion 900-1000am
13	14	15 Barre Pilates 615-715am	16 Hatha Yoga 900-1000am	17 Pilates Fusion 615-715am	18	19 Hatha Yoga 900-1000am
20	21	22 Barre Pilates 615-715am	23 Hatha Yoga 900-1000am	24 Pilates Fusion 615-715am	25	26 TRX Flex & Stretch 900-1000am
27 Restorative Yoga 300-415pm	28	29 Barre Pilates 615-715am	30 Hatha Yoga 900-1000am	31 Pilates Fusion 615-715am	1	2
3	4	Notes				

September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2 Cancelled Barre Pilates 900-1000am
3	4	5 Barre Pilates 615-715am	6 Hatha Yoga 900-1000am	7 Pilates Fusion 615-715am	8	9 Hatha Yoga 900-1000am
10 Restorative Yoga 300-415pm	11	12 Barre Pilates 615-715am	13 Hatha Yoga 900-1000am	14 Pilates Fusion 615-715am	15	16 Pilates Fusion 900-1000am
17	18	19 Barre Pilates 615-715am	20 Hatha Yoga 900-1000am	21 Pilates Fusion 615-715am	22	23 TRX Flex & Stretch 900-1000am
24	25	26 Barre Pilates 615-715am	27 Hatha Yoga 900-1000am	28 Pilates Fusion 615-715am	29	30 Hatha Yoga 900-1000am
1	2	Notes				

October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Barre Pilates 615-715am	4 Hatha Yoga 900-1000am	5 Pilates Fusion 615-715am	6	7 Barre Pilates 900-1000am
8	9	10 Barre Pilates 615-715am	11 Hatha Yoga 900-1000am	12 Pilates Fusion 615-715am	13	14 Pilates Fusion 900-1000am
15	16	17 Barre Pilates 615-715am	18 Hatha Yoga 900-1000am	19 Pilates Fusion 615-715am	20	21 Hatha Yoga 900-1000am
22	23	24 Barre Pilates 615-715am	25 Hatha Yoga 900-1000am	26 Pilates Fusion 615-715am	27	28 TRX Flex & Stretch 900-1000am
29 Restorative Yoga 300-415pm	30	31 Barre Pilates 615-715am	1	2	3	4
5	6	Notes				

November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Hatha Yoga 900-1000am	2 Pilates Fusion 615-715am	3	4 Barre Pilates 900-1000am
5	6	7 Barre Pilates 615-715am	8 Hatha Yoga 900-1000am	9 Pilates Fusion 615-715am	10	11 Pilates Fusion 900-1000am
12	13	14 Barre Pilates 615-715am	15 Hatha Yoga 900-1000am	16 Pilates Fusion 615-715am	17	18 Hatha Yoga 900-1000am
19 Restorative Yoga 300-415pm	20	21 Barre Pilates 615-715am	22 Hatha Yoga 900-1000am	23 No Class Happy Thanksgiving!	24	25 Cancelled TRX Flex & Stretch 900-1000am
26	27	28 Barre Pilates 615-715am	29 Hatha Yoga 900-1000am	30 Pilates Fusion 615-715am	1	2
3	4	Notes				

December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2 Barre Pilates 900-1000am
3	4	5 Barre Pilates 615-715am	6 Hatha Yoga 900-1000am	7 Pilates Fusion 615-715am	8	9 Pilates Fusion 900-1000am
10 Restorative Yoga 300-415pm	11	12 Barre Pilates 615-715am	13 Hatha Yoga 900-1000am	14 Pilates Fusion 615-715am	15	16 Hatha Yoga 900-1000am
17	18	19 Barre Pilates 615-715am	20 Hatha Yoga 900-1000am	21 Pilates Fusion 615-715am	22	23 Cancelled TRX Flex & Stretch 900-1000am
24	25	26 No Classes FPPT Closed All Week	27 No Classes FPPT Closed All Week	28 No Classes FPPT Closed All Week	29	30 No Classes FPPT Closed All Week
31	1	Notes				