

# naturespa

## April Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>1</b> 10a yoga  530p cardiostrength Gym class	<b>2</b> 645a xPRESSfit  1p aquafit  6p yoga	<b>3</b> 9a gentle yoga  530 yoga	<b>4</b> 1p aquafit  530 grateful yoga	<b>5</b> 10a yoga  430 yoga 6p yoga	<b>6</b> 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>7</b> 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
<b>8</b> 10a yoga  530p cardiostrength Gym class	<b>9</b> 645a xPRESSfit 1030a aquafit  6p yoga	<b>10</b> 9a gentle yoga  530 yoga	<b>11</b> 1030a aquafit  530 grateful yoga	<b>12</b> 10a yoga T  430 yoga 6p yoga T	<b>13</b> 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>14</b> 7a yoga 9a yoga 11a yoga J 11a aquafit 2p yoga 4p yoga
<b>15</b>  530p cardiostrength Gym class	<b>16</b> 645a xPRESSfit 1030a aquafit  6p yoga	<b>17</b> 9a gentle yoga  530 yoga	<b>18</b> 1030a aquafit  530 grateful yoga	<b>19</b>  430 yoga	<b>20</b> 9a yoga 11a aquafit  4p yoga	<b>21</b> 9a yoga 11a aquafit  4p yoga
<b>22</b>  530p cardiostrength Gym class	<b>23</b> 645a xPRESSfit 1030a aquafit  6p yoga	<b>24</b> 9a gentle yoga  530 yoga	<b>25</b> 1030a aquafit  530 grateful yoga	<b>26</b>  430 yoga	<b>27</b> 9a yoga 11a aquafit  4p yoga	<b>28</b> 9a yoga 11a aquafit  4p yoga
<b>29</b>  530p cardiostrength Gym class	<b>30</b> 645a xPRESSfit 1030a aquafit  6p yoga					<b>Class \$12</b> <b>Class 10/\$80</b>  <b>Monthly</b> <b>Unlimited</b> <b>\$100</b>