

naturespa

April Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
Class \$12 Class 10/\$80 Monthly \$100						1 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga
2 10am yoga 530p gym class	3 10a Chair Yoga 1p aquafit 3p Chair Yoga 6p yoga	4 9a gentle yoga 530 yoga	5 10a Chair Yoga 1p aquafit 530p gym class 530 grateful yoga	6	7	8
9 10am yoga 530p gym class	10 10a Chair Yoga 1p aquafit 6p yoga	11 9a gentle yoga 530 yoga	12 10a Chair Yoga 1p aquafit 530 grateful yoga	13 10am yoga 430 yoga	14 9a yoga 11a yoga 2p yoga 4p yoga	15 9a yoga 11a yoga 1p aquafit 2p yoga 4p yoga
16 10am yoga	17 10a Chair Yoga 1030 aquafit 6pyoga	18 9a gentle yoga 530 yoga	19 10a Chair Yoga 1030 aquafit 530p gym class	20 10am yoga 430 yoga	21 9a yoga 11a aquafit 530 grateful yoga	22 9a yoga 11a aquafit
23 10am yoga 530p gym class	24 1030 aquafit 6p yoga	25 9a gentle yoga 530 yoga	26 1030 aquafit 530p gym class	27 10am yoga 430 yoga	28 9a yoga 11a aquafit 530 grateful yoga	29 9a yoga 11a aquafit
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