

# naturespa

## January Fitness

monday	tuesday	wednesday	thursday	friday	saturday	sunday
<b>1</b> 9a yoga 11a yoga 2p yoga 4p yoga	<b>2</b>  1p aquafit  430p piyo 6p yoga	<b>3</b> 7a piyo 9a gentle yoga  530 yoga	<b>4</b> 1p aquafit  530p cardiostrength Gym class 530 grateful yoga	<b>5</b> 10am yoga  430 yoga	<b>6</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>7</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
<b>8</b> 10am yoga  4p yoga 530p cardiostrength Gym class	<b>9</b>  1p aquafit  430p piyo 6p yoga	<b>10</b> 7a piyo 9a gentle yoga  530 yoga	<b>11</b> 1p aquafit  530p cardiostrength Gym class 530 grateful yoga	<b>12</b> 10am yoga  430 yoga	<b>13</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>14</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
<b>15</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>16</b>  1p aquafit  430p piyo 6p yoga	<b>17</b> 7a piyo 9a gentle yoga  530 yoga	<b>18</b> 1p aquafit  530p cardiostrength Gym class 530 grateful yoga	<b>19</b> 10am yoga  430 yoga	<b>20</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>21</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
<b>22</b> 10am yoga  4p yoga 530p cardiostrength Gym class	<b>23</b>  1p aquafit  430p piyo 6p yoga	<b>24</b> 7a piyo 9a gentle yoga  530 yoga	<b>25</b> 1p aquafit  530p cardiostrength Gym class 530 grateful yoga	<b>26</b> 10am yoga  430 yoga	<b>27</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	<b>28</b> 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
<b>29</b> 10am yoga  4p yoga 530p cardiostrength Gym class	<b>30</b>  1p aquafit  430p piyo 6p yoga	<b>31</b> 7a piyo 9a gentle yoga  530 yoga				<b>Class \$12</b> <b>Class 10/\$80</b>  <b>Monthly</b> <b>Unlimited</b> <b>\$100</b>