

naturespa

January Fitness

monday	tuesday	wednesday	thursday	friday	SATURDAY	SUNDAY
Dec 31 7a Yoga 7am SkiFit 9a yoga 11a yoga 2p yoga 4p yoga	1 7a yoga 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	2 9a yoga 11a yoga 2p Yoga 530 yoga	3 9a yoga 11a yoga 1p aquafit 2p Yoga 530 grateful yoga	4 9a yoga 11a yoga 2p Yoga 430 yoga	5 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	6 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
7 10am yoga 4pm yoga 530p gym class	8 645a express fit 1p aquafit 6p yoga	9 9agentleyoga 530 yoga	10 1p aquafit 530 grateful yoga	11 10a yoga 430 yoga	12 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	13 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
14 10am yoga 4pm yoga 530p gym class	15 645a express fit 1p aquafit 6p yoga	16 9a gentle yoga 530 yoga	17 1p aquafit 530 grateful yoga	18 10a yoga 430 yoga	19 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	20 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
21 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	22 645a express fit 1p aquafit 6p yoga	23 9a gentle yoga 530 yoga	24 1p aquafit 530 grateful yoga	25 10a yoga 430 yoga	26 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga	27 7a Yoga 7a SkiFit 9a yoga 11a yoga 11a aquafit 2p yoga 4p yoga
28 10am yoga 4pm yoga 530p gym class	29 645a express fit 1p aquafit 6p yoga	30 9a gentle yoga 530 yoga	31 1p aquafit 530 grateful yoga			Class \$12 Class 10/\$80 Monthly Unlimited \$100

