

## Spring (April through June) 2019 Schedule

NOTE: While many classes may appear to be full (four regular participants), spots are often available for make-up or additional classes – check with the instructor for the class. Classes that are not noted as full will have room for more clients – contact your instructor if you are interested in any of these times.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>				<b>Thursday</b>		<b>Friday</b>		<b>Saturday</b>		<b>Sunday</b>	
7:30	Class with Betty FULL	8:00		7:30		7:30		7:30					
8:30	Class with Betty	9:00		8:30		9:00	NEW! Yoga with Judy*	8:30	Class with Betty FULL	9:00	NEW! Class with Monique		
9:30	Class with Janet FULL	10:15		9:30	Class with Janet FULL	10:15	NEW! Intro to Pilates with Judy*	10:00	Class with Betty FULL	10:00	Led Class with Monique		
10:30	Led Class with Janet – Gentle Pilates FULL	11:15		10:30		11:15	NEW! Intermediate Led Class with Judy (April 25)	11:00	Class with Betty FULL				
11:30		12:00		11:30	Class with Janet FULL	12:00		12:00					
12:00	NEW! Class with Sean (April 15)	1:00		1:00		1:00		1:00					
1:00	Class with Betty FULL	2:00		2:00	Class with Betty	2:00		2:00					
2:00		3:00		3:00	Led Class with Betty - Intermediate	3:00		3:00					
3:00	Class with Betty	4:00		4:00		4:00	Class with Peggy/Judy FULL	4:00					
5:00	NEW! Restorative Yoga with Judy* FULL	5:00	Class with Monique	5:00	NEW! Yoga with Judy	5:00	Class with Peggy/Judy FULL	5:00					

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6:15	NEW! Intro Pilates – Judy*	6:00	Led Class with Monique	6:15		6:15		6:00					
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\*Please contact Judy directly at 778-214-4617 to register for these classes.