

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 8-9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	3	4 5:30 - 6:30 p.m. Pilates	5	6	7
8	9 8-9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	10	11 5:30 - 6:30 p.m. Pilates	12 8-9 a.m. Pilates	13	14
15	16 8-9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	17	18 5:30 - 6:30 p.m. Pilates	19 8-9 a.m. Pilates	20	21
22	23 5:30 - 6:30 p.m. Pilates	24	25 5:30 - 6:30 p.m. Pilates	26 8-9 a.m. Pilates	27	28
29	30 5:30 - 6:30 p.m. Pilates					

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	8	9 5:30 - 6:30 p.m. Pilates	10 8-9 a.m. Pilates	11
12	13	14 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	15	16 5:30 - 6:30 p.m. Pilates	17	18
19	20	21 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	22	23 5:30 - 6:30 p.m. Pilates	24 8-9 a.m. Pilates	25
26	27	28 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	29	30 5:30 - 6:30 p.m. Pilates	31	

JUNE 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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8 - 9 a.m. Pilates
5:30 - 6:30 p.m. Pilates

5:30 - 6:30 p.m. Pilates

8-9 a.m. Pilates

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8 - 9 a.m. Pilates
5:30 - 6:30 p.m. Pilates

5:30 - 6:30 p.m. Pilates

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8-9 a.m. Pilates

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29

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8 - 9 a.m. Pilates
5:30 - 6:30 p.m. Pilates

5:30 - 6:30 p.m. Pilates

8-9 a.m. Pilates

JULY 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	3	4 4 TH OF JULY	5	6	7
8	9	10	11	12	13	14
15	16 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates	17	18 5:30 - 6:30 p.m. Pilates	19 8-9 a.m. Pilates	20	21
22	23	24	25	26	27	28
29	30 8 - 9 a.m. Pilates 5:30 - 6:30 p.m. Pilates					