

OCTOBER 2024

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

SEPTEMBER 2024

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