



January 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
02 Element Wellness-Spa-Studio will be closed today	03 *Pilates Equipment Class 8:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm	04 Pilates Mat + Props 9am Cardio Fusion 12pm	05 Xtend Barre 6am Cardio Fusion 8:30am *Pilates Equipment Class 9:30am Pilates Mat + Props 5:30pm Iyengar Yoga 6:30pm	06 Anusara Yoga 6am Xtend Barre 8:30am Xtend Barre 9:30am Pilates Stick/Orbit 10:30am *Pilates Equipment Class 1:00pm	07 Power Flow Yoga 7:45 *Pilates Equipment Class 9:00am Xtend Barre 10am Pre-Natal Yoga 11am	08
09 Xtend Barre 8:30am Xtend Barre 9:30am Xtend Barre 5:30pm	10 Xtend Barre 6am *Pilates Equipment Class 8:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm	11 Xtend Barre 8:30am Xtend Barre 9:30am Cardio Fusion 12pm Xtend Barre 5:30pm	12 Xtend Barre 6am Cardio Fusion 8:30am *Pilates Equipment Class 9:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm Iyengar Yoga 6:30pm	13 Anusara Yoga 6am Xtend Barre 8:30am Xtend Barre 9:30am Pilates Stick/Orbit 10:30am *Pilates Equipment Class 1:00pm	14 Power Flow Yoga 7:45 *Pilates Equipment Class 9:00am Xtend Barre 10am Pre-Natal Yoga 11am	15
16 Xtend Barre 8:30am Xtend Barre 9:30am Xtend Barre 5:30pm	17 Xtend Barre 6am *Pilates Equipment Class 8:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm	18 Xtend Barre 8:30am Xtend Barre 9:30am Cardio Fusion 12pm Xtend Barre 5:30pm	19 Xtend Barre 6am Cardio Fusion 8:30am *Pilates Equipment Class 9:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm Iyengar Yoga 6:30pm	20 Anusara Yoga 6am Xtend Barre 8:30am Xtend Barre 9:30am Pilates Stick/Orbit 10:30am *Pilates Equipment Class 1:00pm	21 Power Flow Yoga 7:45 *Pilates Equipment Class 9:00am Xtend Barre 10am Pre-Natal Yoga 11am	22
23 Xtend Barre 8:30am Xtend Barre 9:30am Xtend Barre 5:30pm	24 Xtend Barre 6am *Pilates Equipment Class 8:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm	25 Xtend Barre 8:30am Xtend Barre 9:30am Cardio Fusion 12pm Xtend Barre 5:30pm	26 Xtend Barre 6am Cardio Fusion 8:30am *Pilates Equipment Class 9:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm Iyengar Yoga 6:30pm	27 Anusara Yoga 6am Xtend Barre 8:30am Xtend Barre 9:30am Pilates Stick/Orbit 10:30am *Pilates Equipment Class 1:00pm	28 Power Flow Yoga 7:45 *Pilates Equipment Class 9:00am Xtend Barre 10am Pre-Natal Yoga 11am	29
30 Xtend Barre 8:30am Xtend Barre 9:30am Xtend Barre 5:30pm	31 Xtend Barre 6am *Pilates Equipment Class 8:30am Xtend Barre 12pm Pilates Mat + Props 5:30pm					*Extra Fee Applies