

Practice: January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 12p Gentle Yoga [Anaka] HAPPY NEW YEAR!	2 7p Group Reformer [Kitty] FA Course	3 FA Course	4 FA Course	5 10a Matwork [Kitty] FA Course	6 FA Course
7 7p Matwork [Anaka]	8 12p Gentle Yoga [Anaka]	9 7p Group Reformer [Kitty]	10 5p 30-Minute Jumpboard Class [Jenny]	11	12 10a Matwork [Kitty]	13
14 7p Matwork [Anaka]	15 12p Gentle Yoga [Anaka]	16 7p Group Reformer [Kitty]	17 5p 30-Minute Jumpboard Class [Jenny] IMP Course	18 IMP Course	19 10a Matwork [Anaka] IMP Course	20 IMP Course
21 7p Matwork [Anaka]	22 12p Gentle Yoga [Anaka]	23 7p Group Reformer [Kitty]	24 5p 30-Minute Jumpboard Class [Jenny]	25	26 10a Matwork [Kitty]	27
28 7p Matwork [Anaka]	29 12p Gentle Yoga [Anaka]	30 7p Group Reformer [Kitty]	31 5p 30-Minute Jumpboard Class [Jenny] IMP Course			

EVENTS

PRACTICE FITNESS
5575 FAR HILLS AVE
DAYTON, OH 45429
937-432-9399 (STUDIO)
WWW.PRACTICE.FITNESS

CLASS CHANGES:

The 630p Group Reformer & Equipment classes on Thursdays will no longer be offered.

The 530p Group Circuit w/ Equipment classes on Thursdays will no longer be offered.

The 12p Gentle Yoga on Tuesday afternoons has returned at a new time.

