

Practice: February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Mat Course	2 10a Matwork [Kitty] Mat Course	3 Mat Course
4 7p Matwork [Anaka]	5	6 7p Group Reformer [Kitty]	7	8	9 10a Matwork [Kitty]	10
11 7p Matwork [Anaka]	12	13 7p Group Reformer [Kitty]	14 HAPPY VALENTINE'S DAY!	15	16 10a Matwork [Kitty]	17
18 7p Matwork [Anaka]	19	20 7p Group Reformer [Kitty]	21	22	23 10a Matwork [Kitty]	24
25 7p Matwork [Anaka]	26	27 7p Group Reformer [Kitty]	28 Reformer Course			

EVENTS

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

CLASS CHANGES:

Gentle Yoga with Anaka Davis is on hiatus for the month of February. It will return on Tuesday, March 12th, at 12pm.

