

Practice: March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Intensive Reformer Course	2 10a Matwork [Kitty] Intensive Reformer Course	3 Intensive Reformer Course
4 7p Matwork [Anaka]	5	6 7p Group Reformer [Kitty]	7	8	9 10a Matwork [Kitty]	10
11 7p Matwork [Anaka]	12 12p Gentle Yoga [Anaka]	13 7p Group Reformer [Kitty]	14 Intensive Reformer Course	15 Intensive Reformer Course	16 10a Matwork [Kitty] Intensive Reformer Course	17 HAPPY ST. PATRICK'S DAY! Intensive Reformer Course
18 7p Matwork [Anaka]	19 12p Gentle Yoga [Anaka]	20 7p Group Reformer [Kitty]	21	22 Intensive Reformer Course	23 10a Matwork [Kitty] Intensive Reformer Course	24
25 7p Matwork [Anaka]	26 12p Gentle Yoga [Anaka]	27 7p Group Reformer [Kitty]	28	29	30 10a Matwork [Kitty]	31

EVENTS

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

CLASS CHANGES:

Gentle Yoga with Anaka Davis will return on Tuesday, March 12th, at 12pm.

