

# Practice: April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 7p Matwork [Anaka] <b>HAPPY APRIL FOOLS' DAY!</b>	2 12p Gentle Yoga [Anaka]	3 7p Group Reformer [Lauren]	4	5	6 10a Matwork [Jamie]	7
8 7p Matwork [Anaka]	9 12p Gentle Yoga [Anaka]	10 7p Group Reformer [Lauren]	11	12	13 10a Matwork <b>[Cancelled]</b> <b>CORE Foundation Course</b>	14 <b>CORE Workshops</b>
15 7p Matwork [Anaka]	16 12p Gentle Yoga [Anaka]	17 7p Group Reformer [Kitty]	18	19 <b>HAPPY PASSOVER!</b>	20 10a Matwork [Kitty]	21 <b>HAPPY EASTER!</b>
22 7p Matwork [Anaka]	23 12p Gentle Yoga [Anaka]	24 7p Group Reformer [Kitty]	25	26	27 10a Matwork [Kitty]	28
29 7p Matwork [Anaka]	30 12p Gentle Yoga [Anaka]					

## EVENTS

PRACTICE FITNESS  
5575 FAR HILLS AVE  
DAYTON, OH 45429  
937-432-9399 (STUDIO)  
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### CLASS CHANGES:

The 10am Matwork class on Saturday, April 13th, is cancelled for the CORE Foundation Course.

