

Practice: May 2019

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

EVENTS

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

CLASS CHANGES:

The 12p Gentle Yoga class on Tuesday, May 14, is cancelled.

The 5p Group Reformer class and the 7p Matwork class on Monday, May 27, are cancelled in celebration of the holiday.

