

Practice: March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 1030a Pilates Mat Plus! [Jenny]	3 10a Matwork [Kitty]	4 1030a Pilates Mat Plus! [Jenny]	5	6 10a Matwork [Kitty]	7
8	9 1030a Pilates Mat Plus! [Kitty]	10 10a Matwork [Kitty]	11 1030a Pilates Mat Plus! [Jenny]	12	13 10a Matwork [Kitty]	14
15	16 1030a Pilates Mat Plus! [Jenny]	17 10a Matwork [Kitty]	18 1030a Pilates Mat Plus! [Jenny]	19	20 10a Matwork [Kitty]	21
22	23 1030a Pilates Mat Plus! [Jenny]	24 10a Matwork [Kitty]	25 1030a Pilates Mat Plus! [Jenny]	26	27 10a Matwork [Kitty]	28
29	30 1030a Pilates Mat Plus! [Jenny]	31 10a Matwork [Kitty]				

EVENTS

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

CLASS CHANGES:

All group classes are currently virtual.

To join one of our group classes, contact Patrick Przyborowski at pprzyborowski@gmail.com or leave a message on our studio phone (937) 439-9399 and we will get back to you shortly with login details. Thank you!