

Practice: June 2021

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

EVENTS

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

CLASS CHANGES:

The 1030a Pilates Mat Plus! class, held on Tuesdays, is discontinued.

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!