

# DROP-IN CLASSES

Only \$10 / 30-min class

# APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03 <b>Strength</b> 12 Poses <b>8:00</b> 8:30 <b>Melanie</b> Melanie	04 12 Poses 8:30 Genevieve	05 12 Poses 8:30 Melanie
08 12 Poses 8:30 Melanie	09 12 Poses 8:30 Genevieve	10	11 12 Poses <b>Posture Ex &amp;</b> 8:30 <b>Relax</b> Genevieve <b>9:00</b> <b>Genevieve</b>	12
15 12 Poses <b>Feedback</b> 8:30 <b>9:00</b> Genevieve <b>Genevieve</b>	16	17	18 12 Poses 8:30 Genevieve	19 <b>Strength</b> 12 Poses <b>8:00</b> 8:30 <b>Melanie</b> Melanie
22 12 Poses 8:30 Melanie	23	24 <b>Balance</b> 12 Poses <b>8:00</b> 8:30 <b>Genevieve</b> Genevieve	25	26 12 Poses 8:30 Genevieve
29 12 Poses 8:30 Melanie	30	01 <i>TIMES SHOWN IN EASTERN TIME</i>	02	03