

DROP-IN CLASSES

Only \$10 / 30-min class

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01 12 Poses 6:00 pm Genevievee Posture Ex & Relax 6:30 pm Genevievee	02	03	04	05
08	09	10 12 Poses 8:00 am Genevievee	11	12
15	16	17	18	19 12 Poses 8:30 am Melanie
22	23	24 12 Poses 8:30 am Melanie Posture Ex & Relax 9:00 Melanie	25	26
29	30 12 Poses 6 pm Genevievee	JULY 1 31	<i>TIMES SHOWN IN EASTERN TIME</i>	