

Practice: April 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 7p Matwork [Patrick]	3	1 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	2 530p 30 Minute Jumpboard Class [Leslie]	3	4 10a Matwork [Kitty] 11a-430p Intensive Reformer Course	5
6 7p Matwork [Patrick]	7	8 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	9 500p 30 Minute Jumpboard Class [Leslie]	10	11 10a Matwork [Kitty]	12
13 7p Matwork [Patrick]	14	15 9a Group Reformer [Leslie] 7p Group Reformer [Kitty]	16 530p 30 Minute Jumpboard Class [Leslie]	17	18 10a Matwork [Jenny] 11a-430p Intensive Reformer Course	19 9a-4p CEC Workshops
20 7p Matwork [Patrick]	21	22 9a Group Reformer [Leslie] 7p Group Reformer [Jenny]	23 500p 30 Minute Jumpboard Class [Leslie]	24	25 10a Matwork [Jenny] 11a-430p Intensive Reformer Course	26
27 7p Matwork [Patrick]	28	29 9a Group Reformer [Leslie] 7p Group Reformer [Patrick]	30 530p 30 Minute Jumpboard Class [Leslie]			

EVENTS

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

Class Changes:

**The Restorative Yoga class
 on Tuesdays at 7p is
 cancelled for April.**