

January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1 12-1pm (Modo) MYBW	2
3 11:45-12:05pm (Pilates) MY NDG	4 6:30-7:30pm (Mindful Pilates) MYBW	5 12:00-1:00pm (Modo Flow) MYBW	6 7-8AM (Modo Flow) MY NDG	7	8	9
10 11:45-12:05pm (Pilates) MY NDG	11 6:30-7:30pm (Mindful Pilates) MYBW	12 12:00-1:00pm (Modo Flow). MYBW	13 7-8AM (Modo Flow) MY NDG	14	15	16
17 11:45-12:05pm (Pilates) MY NDG 6:30-7:30pm (Stretch + Surrender) MYBW	18 6:30-7:30pm (Mindful Pilates) MYBW	19 12:00-1:00pm (Modo Flow). MYBW	20 7-8AM (Modo Flow) MY NDG	21	22	23
24 11:45-12:05pm (Pilates) MY NDG 6:30-7:30pm (Stretch + Surrender) MYBW	25 6:30-7:30pm (Mindful Pilates) MYBW	26 12:00-1:00pm (Modo Flow). MYBW	27 7-8AM (Modo Flow) MY NDG	28	29	30