

July 2023							August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3	4	5	6	7	8 MAT 1	
9 -----	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

August 2023							September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4 CHAIRS	5 -----	
6 BARRELS	7	8	9	10	11	12 MAT 2	
13 -----	14	15	16	17	18	19	
20	21	22	23	24	25	26 MAT 3	
27 -----	28	29	30	31			

September 2023							October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15 TRAP/CAD TOWER	16 -----	
17 -----	18	19	20	21	22	23	
24	25	26	27	28	29	30 REFORMER 1	

October 2023							November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 -----	2	3	4	5	6	7	
8	9	10	11	12	13 SCOLIO- PILATES 1	14 SCOLIO- PILATES 2	
15 -----	16	17	18	19	20	21	
22	23	24	25	26	27	28 MVMT. PRINCIPLES	
29 -----	30	31					

November 2023							December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4 REFORMER 2	
5 -----	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

December 2023							January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1	2 ANATOMY IN 3-D	
3 -----	4	5	6	7	8	9 REFORMER 3	
10 -----	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							