

January

2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30-9:30 (Slow Flow) MY NDG 10-11:15am (Recharge) MY NDG 11:30am (Pilates) MY NDG	2 2:00-3:30 (Yin) MY NDG 4-5pm (Slow Flow) MY NDG 6-7:15pm (Pilates) MY NDG	3 4:00-5:00pm (Modo Music) MY NDG 6-7pm (Modo Music) MY NDG	4 5:00-6:30pm (Modo Flow) MY NDG 7-8:30pm (Yin) MY NDG
5	6 5:00-6:00pm (Power) MY NDG 6:30-7:45pm (Modo) MY NDG	7 12:00-1:00pm (Modo Flow) MY Griffintown 1:30-2:30 (Pilates) MY Griffintown	8 11:30-12:30pm (Pilates) MY NDG 1:30pm (Community Flow) MY NDG	9	10	11 5:00-6:30pm (Modo Flow) MY NDG 7-8:30pm (Yin) MY NDG
12	13 5:00-6:00pm (Power) MY NDG 6:30-7:45pm (Modo) MY NDG	14 12:00-1:00pm (Modo Flow) MY Griffintown 1:30-2:30 (Pilates) MY Griffintown	15 11:30-12:30pm (Pilates) MY NDG 1:30pm (Community Flow) MY NDG	16 12-1pm (Modo Flow) MY NDG 1:30-2:30pm (Community Class) MY NDG	17	18 8-9:15am (Modo Music) MY NDG 11-12pm (Modo Music) MY NDG
19	20	21	22	23	24	25
26	27	28	29	30	31	