



March 2010 at Hinesville Day Spa



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--------|--|
| | 1 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 7:00 pm Belly Dancing 8:00 pm Bootcamp Pilates | 2 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 Tai-Chi | 3 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 4 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 5 | 6 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 7 | 8 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 8:00 pm Bootcamp Pilates Pre Register Belly Dancing | 9 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 10 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 11 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 12 | 13 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 14 | 15 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 8:00 pm Bootcamp Pilates Pre Register Belly Dancing | 16 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 17 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 18 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 19 | 20 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 21 | 22 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 23 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 24 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 25 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 26 | 27 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 28 | 29 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 30 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 31 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | | | |



April 2010 at Hinesville Day Spa & Salon



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--------|--|
| | | | | 1 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 2 | 3 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 4 | 5 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 6 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 7 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 8 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 9 | 10 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 11 | 12 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 13 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 14 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 15 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 16 | 17 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 18 | 19 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 20 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 21 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 22 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 23 | 24 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 25 | 26 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 27 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 28 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 29 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 30 | |



May 2010 at Hinesville Day Spa & Salon



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--------|--|
| | | | | | | 1 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 2 | 3 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 8:00 pm Bootcamp Pilates Pre Register Belly Dancing | 4 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 5 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 6 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 7 | 8 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
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| 30 | 31 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | | | | | |



June 2010 at Hinesville Day Spa & Salon



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|---|--|--------|--|
| | | 1 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 2 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 3 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 4 | 5 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
| 6 | 7 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 6:00 pm Beginner Belly Dancing 7:00 pm Advanced Belly Dancing 8:00 pm Bootcamp Pilates | 8 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 9 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | 10 10:00am Tai-Chi 5:30 pm Hatha Yoga 7:00 pm Zumba | 11 | 12 10:00 am Mat Routine Pilates 11:30 am Yoga Power Hour |
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| 27 | 28 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness 8:00 pm Bootcamp Pilates | 29 10:00 am Tai-Chi 5:30 pm Hatha Yoga 6:30 pm Tai-Chi | 30 12:00 pm Vinyasa Yoga 4:00 pm Senior Fitness | | | |

Belly Dancing breaks for the Summer months on June 21, 2010...will be back on schedule in September.