

# APRIL 2018

Mon	Tue	Wed	Thu	Fri	
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<p><b><u>INSTRUCTORS:</u></b> <b>(SEE BELOW)</b></p> <p><b><u>Cathy Kumar</u></b> Registered Yoga Teacher Yoga Alliance/ M.S. in Health &amp; Wellness Promotion</p> <p><b><u>Tabby Horvath</u></b> ACE Certified Group Fitness Instructor /M.S. Human Wellness</p>
<p><b>Kickboxing</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Yoga</b> 5:30p-7:00p Instructor: Cathy</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p> <p><b>Y12SR:</b> <b>Yoga 12 Step</b> <b>Recovery</b> 5:30-7:00p Instructor: Cathy</p>	<p><b>Total Body in Ten</b> 9:30a-10:15a Instructor: Tabby</p>	<p><b>Yoga</b> 9:30a-10:30a Instructor: Tabby</p>	<p><b>TBC</b> 9:30a-10:30a Instructor: Tabby</p>	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
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<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
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<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
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<b>30</b>					
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