

SERVICES

# Classes: Fitness, Health, Lifestyle & Wellness

## Classes for All Ages

Don't Be Shy! We have classes to fit every need & EVERYONE is WELCOME!

### Natural Approach Wellness Center

[www.MyNaturalApproach.com/classes/](http://www.MyNaturalApproach.com/classes/)

Print Week Month Agenda

Today January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 786-399-4611 Sign Up	Jan 1 5:30pm Sculpting 6pm Yoga/Pilates	2 5:30pm Aerial Yoga	3 6pm Power Yoga Flow	4	5	6
7 786-399-4611 Sign Up	8 5:30pm Sculpting 6pm Yoga/Pilates	9 5:30pm Aerial Yoga	10 6pm Power Yoga Flow	11	12	13
14 786-399-4611 Sign Up	15 5:30pm Barre 6pm Yoga/Pilates	16	17 5:30pm Aerial Yoga	18 6pm Power Yoga Flow	19	20
21 786-399-4611 Sign Up	22	23	24 5:30pm Aerial Yoga	25 6pm Power Yoga Flow	26	27
28 786-399-4611 Sign Up	29 6pm Yoga/Pilates	30 5:30pm Aerial Yoga	31 6pm Power Yoga Flow	Feb 1	2	3

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11 786-399-4611 Sign Up	12 5:30pm Sculpting 6pm Yoga/Pilates	13 5:30pm Aerial Yoga	14 6pm Power Yoga Flow	15	16	17
18 786-399-4611 Sign Up	19 5:30pm Barre 6pm Yoga/Pilates	20 5:30pm Aerial Yoga	21 6pm Power Yoga Flow	22	23	24
25 786-399-4611 Sign Up	26 5:30pm Sculpting 6pm Yoga/Pilates	27 5:30pm Aerial Yoga	28 6pm Power Yoga Flow	29	Mar 1	2