

# KINGST FULL PROGRAM



	Monday	Tuesday	Wednesday	Thursday
<b>February</b> 12:30-1:15pm 5:15-6:15pm	<b>24</b> Yoga - VF Pilates	<b>25</b> Pilates Yoga - VF+R	<b>26</b> Yoga - VF Pilates	<b>27</b> Pilates Yoga - VF+R
<b>March</b> 12:30-1:15pm 5:15-6:15pm	<b>2</b> Yoga - VF Pilates	<b>3</b> Pilates Yoga - VF+R	<b>4</b> Yoga - VF Pilates	<b>5</b> Pilates Yoga - VF+R
12:30-1:15pm 5:15-6:15pm	<b>9</b> Yoga - VF Pilates	<b>10</b> Pilates Yoga - VF+R	<b>11</b> Yoga - VF Pilates	<b>12</b> Pilates Yoga - VF+R
12:30-1:15pm 5:15-6:15pm	<b>16</b> Yoga - VF Pilates	<b>17</b> Pilates Yoga - VF+R	<b>18</b> Yoga - VF Pilates	<b>19</b> Pilates Yoga - VF+R
12:30-1:15pm 5:15-6:15pm	<b>23</b> Yoga - VF Pilates	<b>24*</b> Pilates Yoga - VF+R	<b>25*</b> Yoga - VF Pilates	<b>26*</b> Pilates Yoga - VF+R
<b>April</b> 12:30-1:15pm 5:15-6:15pm	<b>30*</b> Yoga - VF Pilates	<b>31</b> Pilates Yoga - VF+R	<b>1</b> Yoga - VF Pilates	<b>2</b> Pilates Yoga - VF+R

\* will be in another location due to a prior event being held in Alexandria Park