

# 2016 with PilatesBody4U

	January					February					March				
Monday		4	11	18	25	1	8	15	22	29		7	14	21	28
Tuesday		5	12	19	26	2	9	16	23	1	8	15	22	29	
Wednesday		6	13	20	27	3	10	17	24	2	9	16	23	30	
Thursday		7	14	21	28	4	11	18	25	3	10	17	24	31	
Friday	1	8	15	22	29	5	12	19	26	4	11	18	25		
Saturday	2	9	16	23	30	6	13	20	27	5	12	19	26		
Sunday	3	10	17	24	31	7	14	21	28	6	13	20	27		

  

	April					May					June					
Monday		4	11	18	25		2	9	16	23	30		6	13	20	27
Tuesday		5	12	19	26		3	10	17	24	31		7	14	21	28
Wednesday		6	13	20	27		4	11	18	25	1	8	15	22	29	
Thursday		7	14	21	28		5	12	19	26	2	9	16	23	30	
Friday	1	8	15	22	29		6	13	20	27	3	10	17	24		
Saturday	2	9	16	23	30		7	14	21	28	4	11	18	25		
Sunday	3	10	17	24	1	8	15	22	29	5	12	19	26			

  

	July					August					September				
Monday		4	11	18	25	1	8	15	22	29		5	12	19	26
Tuesday		5	12	19	26	2	9	16	23	30		6	13	20	27
Wednesday		6	13	20	27	3	10	17	24	31		7	14	21	28
Thursday		7	14	21	28	4	11	18	25	1	8	15	22	29	
Friday	1	8	15	22	29	5	12	19	26	2	9	16	23	30	
Saturday	2	9	16	23	30	6	13	20	27	3	10	17	24		
Sunday	3	10	17	24	31	7	14	21	28	4	11	18	25		

  

	October					November					December					
Monday		3	10	17	24	31		7	14	21	28		5	12	19	26
Tuesday		4	11	18	25	1	8	15	22	29		6	13	20	27	
Wednesday		5	12	19	26	2	9	16	23	30		7	14	21	28	
Thursday		6	13	20	27	3	10	17	24	1	8	15	22	29		
Friday		7	14	21	28	4	11	18	25	2	9	16	23	30		
Saturday	1	8	15	22	29	5	12	19	26	3	10	17	24	31		
Sunday	2	9	16	23	30	6	13	20	27	4	11	18	25			

**Pilates Classes**

**School Holidays / No Classes**

**Bank Holidays / No Classes**

**No Classes**

Mon - Mochdre

Tues - Craig y Don

Wed - Mochdre

Thurs - Old Colwyn  
Craig y Don

