

Austin Classes

January 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	2 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	3 NOTE TIME CHANGE FOR THIS DAY ONLY: Stay Strong <u>1 p.m.</u> Balance Dance 4544 S. Lamar, Ste #200/#300	4 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	5
6	7	8 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	9 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	10 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	11 Stay Stretching (with Damien- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	12
13	14	15 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	16 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	17 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	18 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	19
20	21 NEW: Personal Development Coaching with Amy 11 a.m. Central Market, Westgate	22 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	23 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	24 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	25 Yoga (with Amy Martin- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	26
27	28 Stay Social 1 p.m. Pinthouse Pizza 4236 S Lamar Blvd, Austin, TX 78704	29 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	30 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	31 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)		