



Austin Classes

February 2019

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	2
3	4	5 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	6 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	7 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	8 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	9
10	11 Stay Social 1 p.m. ABGB (Austin Beer Garden) 1305 W Oltorf St, Austin, TX 78704	12 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	13 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	14 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	15 Stay Stretching (with Damien- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	16
17	18 NEW: Personal Development Coaching with Amy 11 a.m. Central Market, Westgate	19 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	20 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	21 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	22 Yoga (with Amy Martin- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	23
24	25	26 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300	27 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	28 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)		