

Images of Hope El Dorado Classes - July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	Holiday 4	Knitting 10 am – 12 pm 5	6
7	8	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>FUNdamental Pilates</i> 12:00 pm – 1:00 pm 9	10	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>Mindful Movement</i> 12 pm – 1:15 pm 11	Knitting 10 am – 12 pm 12	13
14	15	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>FUNdamental Pilates</i> 12:00 pm – 1:00 pm 16	17	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>Mindful Movement</i> 12 pm – 1:15 pm 18	Knitting 10 am – 12 pm 19	20
21	22	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>FUNdamental Pilates</i> 12:00 pm – 1:00 pm 23	24	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>Mindful Movement</i> 12 pm – 1:15 pm 25	Knitting 10 am – 12 pm 26	27
28	<i>Journaling with Pen & Watercolor</i> 10 am – 12 pm 29	<i>Intermediate Pilates</i> 10:00 am – 11:00 am <i>FUNdamental Pilates</i> 12:00 pm – 1:00 pm 30	31			

Tranquil Journeys classes available all month on YouTube
imagesofhopeeldorado.org