

B	I	N	G	O
Tell your loved ones how much you love them.	Apprentice appointment (private pilates).	Grace Yoga	Private Yoga Session	Massage
Double dipped (two classes in 24-hours).	Restorative Yoga	Pilates Mat Class	Blast Class	Private Pilates Session
Reiki Session	Tower Class	FREE	Circuit Class	Intentional Goal Setting
Journal exercises	Reformer Class	Look in the mirror and practice self love.	Hot Yoga	Meditation
Grit and Grace Yoga	Dietary Consultation	Pranayama (breathing)!	Weight check	Food journal log

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Tower Class	Blast Class	Private Yoga Session	Double dipped (two classes in 24-hours).	Pilates Mat Class
Grace Yoga	Weight check	Massage	Dietary Consultation	Private Pilates Session
Journal exercises	Circuit Class	FREE	Intentional Goal Setting	Apprentice appointment (private pilates).
Hot Yoga	Pranayama (breathing)!	Tell your loved ones how much you love them.	Food journal log	Reformer Class
Look in the mirror and practice self love.	Meditation	Reiki Session	Restorative Yoga	Grit and Grace Yoga

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Dietary Consultation	Pranayama (breathing)!	Blast Class	Meditation	Circuit Class
Tell your loved ones how much you love them.	Journal exercises	Look in the mirror and practice self love.	Restorative Yoga	Massage
Reiki Session	Food journal log	FREE	Reformer Class	Hot Yoga
Tower Class	Private Pilates Session	Private Yoga Session	Weight check	Grace Yoga
Intentional Goal Setting	Apprentice appointment (private pilates).	Pilates Mat Class	Double dipped (two classes in 24-hours).	Grit and Grace Yoga