

FitnessCalendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9 am Mediation	2 9 am Morning Yoga
3 8 am Aqua Aerobics	4 9 am Morning Yoga	5 8 am Aqua Aerobics 9 am Morning Yoga	6 8 am Aqua Aerobics	7 8 am Aqua Aerobics 8:30 am Morning Yoga	8 9 am Mediation	9
10 8 am Aqua Aerobics	11	12 8 am Aqua Aerobics	13 8 am Aqua Aerobics	14 8 am Aqua Aerobics	15 9 am Mediation	16
17 8 am Aqua Aerobics	18 9 am Morning Yoga	19 8 am Aqua Aerobics 9 am Morning Yoga	20 8 am Aqua Aerobics	21 8 am Aqua Aerobics 8:30 am Morning Yoga	22 9 am Mediation	23 9 am Morning Yoga
24 8 am Aqua Aerobics	25 9 am Morning Yoga	26 8 am Aqua Aerobics 9 am Morning Yoga	27 8 am Aqua Aerobics	28 8 am Aqua Aerobics 8:30 am Morning Yoga	29 9 am Mediation	30 9 am Morning Yoga
31 8 am Aqua Aerobics						

