



December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3 <i>Balance & Strength</i> 12:30—1:15pm	4 <i>Chair Yoga</i> 1:00—2:00	5 <i>Balance & Strength</i> 3:00—3:45	6 <i>Yoga with James</i> 2:00—3:30pm	7	
8	9	10 <i>Balance & Strength</i> 12:30—1:15pm	11 <i>Chair Yoga</i> 1:00—2:00	12 <i>Balance & Strength</i> 3:00—3:45	13 <i>Yoga with James</i> 2:00—3:30pm	14	
15	16	17 <i>Balance & Strength</i> 12:30—1:15pm	18 <i>Chair Yoga</i> 1:00—2:00	19 <i>Balance & Strength</i> 3:00—3:45	20 <i>Yoga with James</i> 2:00—3:30pm	21	
22	23	24 	25 	26 <i>Balance & Strength</i> 3:00—3:45	27 <i>Yoga with James</i> 2:00—3:30pm	28	
29	30	31 					