


September 2022-Silver Sneakers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10-10 :45 Circuit Maria (Deb not aval)	2 10 – 10:45 Yoga Deb	3
4	5 	6 10 – 10:45 Yoga Maria	7 10 – 10:45 Classic Deb	8 10-10 :45 Circuit Jodee (Deb not aval)	9 10 – 10:45 Yoga Jodee	10
11	12 10 – 10:45 Classic Jodee	13 10-10 :45 Circuit Jodee	14 10 – 10:45 Classic Deb	15 10-10 :45 Circuit Maria	16 10 – 10:45 Yoga Deb	17
18	19 10 – 10:45 Classic Deb	20 10 – 10:45 Yoga Maria	21 10 – 10:45 Classic Deb	22 10-10 :45 Circuit Jodee (Deb not aval)	23 10 – 10:45 Yoga Jodee	24
25	26 10 – 10:45 Classic Jodee	27 10-10 :45 Circuit Deb	28 10 – 10:45 Classic Jodee	29 10-10 :45 Circuit Maria	30 10 – 10:45 Yoga Deb	