

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9-10 Mindfulness Meditation 10-11:30 Gym 2:30-4 Gym
4 No Classes!	5 9:30-10:30 Nutrition 10-11:30 Gym 10:30-11:30 Zumba 2-3 Nutrition 2:30-4 Gym 3-4 Zumba	6 9:30-10:30 Healthy Weight 10-11:30 Gym 2-3 Healthy Weight 2:30-4 Gym	7 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym	8 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym
11 10-11:30 Gym 2-3 Smoking Cessation	12 9:30-11:00 Cooking 10-11:30 Gym 10:30-11:30 Zumba 2-3:30 Cooking 2:30-4 Gym 3-4 Zumba	13 9:30-10:30 Healthy Weight 10-11:30 Gym 2-3 Healthy Weight 2:30-4 Gym	14 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	15 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym
18 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	19 9:30-10:30 Nutrition 10-11:30 Gym 10:30-11:30 Zumba 2-3 Nutrition 2:30-4 Gym 3-4 Zumba	20 9:30-10:30 Healthy Weight 10-11:30 Gym 2-3 Healthy Weight 2:30-4 Gym	21 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym	22 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym
25 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	26 9:30-11:00 Cooking 10-11:30 Gym 10:30-11:30 Zumba 2-3:30 Cooking 2:30-4 Gym 3-4 Zumba	27 9:30-10:30 Healthy Weight 10-11:30 Gym 2-3 Healthy Weight 2:30-4 Gym	28 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	March 1 <sup>st</sup> 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym