

# Wellness Calendar

# MAY 2019

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|   |  | 1  | 2  | 3  |
|   |  | 9:30-10:30 Nutrition<br>10-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>2:00-3:00 Cooking<br>2:30-4:00 Gym | 9:00-10:00 Mindfulness Meditation<br>10:00-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym |
| 6   | 7  | 8  | 9  | 10   |
| Nutrition Consults All Day<br>9:30-11:30 Gym<br>2:30-4:30 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>10:30-11:30 Zumba<br>2:00-3:00 Cooking<br>2:30-4:00 Gym<br>3:00-4:00 Zumba | 9:30-10:30 Nutrition<br>10-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>2:00-3:00 Cooking<br>2:30-4:00 Gym | 9:00-10:00 Mindfulness Meditation<br>10:00-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym |
| 13  | 14   | 15   | 16   | 17   |
| Nutrition Consults All Day<br>9:30-11:30 Gym<br>2:30-4:30 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>10:30-11:30 Zumba<br>2:00-3:00 Cooking<br>2:30-4:00 Gym<br>3:00-4:00 Zumba | 9:30-10:30 Nutrition<br>10-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>2:00-3:00 Cooking<br>2:30-4:00 Gym | 9:00-10:00 Mindfulness Meditation<br>10:00-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym |
| 20  | 21   | 22   | 23   | 24   |
| Nutrition Consults All Day<br>9:30-11:30 Gym<br>2:30-4:30 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>10:30-11:30 Zumba<br>2:00-3:00 Cooking<br>2:30-4:00 Gym<br>3:00-4:00 Zumba | 9:30-10:30 Nutrition<br>10-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>2:00-3:00 Cooking<br>2:30-4:00 Gym | 9:00-10:00 Mindfulness Meditation<br>10:00-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym |
| 27  | 28   | 29   | 30   | 31   |
| GBUAHN Closed   | 9:30-11:00 Cooking<br>10-11:30 Gym<br>10:30-11:30 Zumba<br>2:00-3:30 Cooking<br>2:30-4:00 Gym<br>3:00-4:00 Zumba | 9:30-10:30 Nutrition<br>10-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym | 9:30-10:30 Cooking<br>10-11:30 Gym<br>2:00-3:00 Cooking<br>2:30-4:00 Gym | 9:00-10:00 Mindfulness Meditation<br>10:00-11:30 Gym<br>2:00-3:00 Nutrition<br>2:30-4:00 Gym |