

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym	2 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym
5 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	6 9:30-10:30 Nutrition 10-11:30 Gym 10:30-11:30 Zumba 2-3 Nutrition 2:30-4 Gym	7 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym	8 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym	9 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym
12 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	13 9:30-11:00 Cooking 10-11:30 Gym 10:30-11:30 Zumba 2-3:30 Cooking 2:30-4 Gym	14 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym	15 9:30-10:30 Nutrition 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	16 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym
19 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym	20 9:30-11:00 Cooking 10-11:30 Gym 10:30-11:30 Zumba 2-3:30 Cooking 2:30-4 Gym	21 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym	22 THANKSGIVING BREAK NO WELLNESS	23 THANKSGIVING BREAK NO WELLNESS
26 10-11:30 Gym No afternoon nutrition 2:30-4 Gym	27 9:30-10:30 Nutrition 10-11:30 Gym 10:30-11:30 Zumba 2-3 Nutrition 2:30-4 Gym	28 9:30-10:30 Weight Support 10-11:30 Gym 2-3 Weight Support 2:30-4 Gym	29 9:30-10:30 Cooking 10-11:30 Gym 2-3 Cooking 2:30-4 Gym	30 9-10 Mindfulness Meditation 10-11:30 Gym 2-3 Nutrition 2:30-4 Gym