



November

2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11:15am: Stretch with Meena	2
3	4 10am: Tai Chi with Meena	5 8:30am: Yoga with Jennifer	6 10am: Aerobics with Carolyn	7	8 11:15am: Stretch with Meena	9
10	11 10am: Tai Chi with Meena	12 8:30am: Yoga with Jennifer	13 10am: Aerobics with Carolyn	14	15 11:15am: Stretch with Meena	16
17	18 10am: Tai Chi with Meena	19 8:30am: Yoga with Jennifer	20 10am: Aerobics with Carolyn	21	22 11:15am: Stretch with Meena	23
24	25 10am: Tai Chi with Meena	26 8:30am: Yoga with Jennifer	27 10am: Aerobics with Carolyn	28	29 11:15am: Stretch with Meena	30