

WEEKLY GROUP ACTIVITY SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM		Zumba			
8:30 AM					Senior Exercise
9:00 AM		Therapeutic Yoga		Therapeutic Yoga	
10:00 AM	Senior Exercise		Senior Exercise		
11:00 AM	Tai Chi		Tai Chi		
12:00 PM					
12:15 PM			Midday Stretch		
1:00 PM			Yoga		
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
5:30 PM				Kid's Yoga	
6:00 PM	Zumba				

