



November 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	2 9:15 - Sit Down & Tone Up (East)	3 9:15 - Sit Down Tone Up (West) 9:15 - Posture (East)	4
5	6 9:15 - Posture (West) 9:15 - Stretching & ROM (East)	7 9:15 - Sit Down and Tone Up (West) 9:15 - Sit up & Tone Up (East)	8 9:15 -Ball Exercise (West) 9:15 - Ball Exercise (East)	9 9:15 - Sit Down & Tone Up (East)	10 9:15 - Sit Down Tone Up (West) 9:15 - Posture (East)	11
12	13 9:15 - Posture (West) 9:15 - Stretching & ROM (East)	14 9:15 - Sit Down and Tone Up (West) 9:15 - Sit up & Tone Up (East)	15 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	16 9:15 - Sit Down & Tone Up (East)	17 9: 15 - Sit Down Tone Up (West)	18 9:15 - Posture (East)
19 9:15 - Stretching & ROM (East)	20 9:15 - Posture (West)	21 9:15 - Sit Down and Tone Up (West) 9:15 - Sit down & Tone Up (East)	22 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	23 9:15 - Sit Down & Tone Up (East)	24 9:15 - Sit Down Tone Up (West) 9:15 - Posture (East)	25
26	27 9:15 - Posture (West) 9:15 - Stretching & ROM (East)	28 9:15 - Sit Down and Tone Up (West) 9:15 - Sit down & Tone Up (East)	29 9:15 - Ball Exercise (West) 9:15 - Ball Exercise (East)	30 9:15 - Sit Down & Tone Up (East)		