



December 2023



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