

February 2024



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