



JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
5	6 9:15 – Chair Thai Chi	7 9:15 – Sit Down and Tone Up	8 9:15 – Dance	9 9:15 - Posture	10 9:15 - Sit Down and Tone Up	11
12	13 9:15 – Chair Thai Chi	14 9:15 – Sit Down and Tone Up	15 9:15 – Dance	16 9:15 - Posture	17 9:15 - Sit Down and Tone Up	18
19 9:15 - Chair Thai Chi	20	21 9:15 – Sit Down and Tone Up	22 9:15 – Dance	23 9:15 - Posture	24 9:15 - Sit Down and Tone Up	25
26	27 9:15 – Chair Thai Chi	28 9:15 – Sit Down and Tone Up	29 9:15 – Dance	30 9:15 - Posture	31 9:15 - Sit Down and Tone Up	