

2021 OCTOBER

SUNDAY

CALENDAR YEAR / MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 5:30 PM CORE N' CARDIO	28 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	29	30 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	01	02
03	04 5:30 PM CORE N' CARDIO	05 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	06	07 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	08	09
10	11 5:30 PM CORE N' CARDIO	12 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	13	14 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	15	16
17	18 5:30 PM CORE N' CARDIO	19 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	20	21 9:00 AM Silver Sneakers	22	23
24	25 5:30 PM CORE N' CARDIO	26 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	27	28 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	29	30