

# 2022 JANUARY

SUNDAY

CALENDAR YEAR / MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
02	03 5:30 PM CORE N' CARDIO	04 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	05	06 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	07	08
09	10 5:30 PM CORE N' CARDIO	11 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	12	13 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	14	15
16	17 5:30 PM CORE N' CARDIO	18 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	19	20 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	21	22
23	24 5:30 PM CORE N' CARDIO	25 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	26	27 9:00 AM Silver Sneakers 5:30 PM Total Body Circuit	28	29