

October 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	2 BODY COND. 6:15-7 SILVERSNEAKER 9:00-10:00 AM YOGA 6:00-7	3 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	4 BODY COND. 6:15-7 AM SILVERSNEAKERS 9:00-10:00 AM YOGA 6:00-7	5	6 COMBO 9:00-10:00 AM
7	8 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	9 BODY COND 6.15-7. SILVERSNEAKER 9:00-10:00 AM YOGA 6:00-7	10 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	11 BODY COND. 6:15-7 AM SILVERSNEAKERS 9:00-10:00 AM YOGA 6:00-7	12	13 COMBO 9:00-10:00 AM
14	15 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	16 BODY COND. 6:15-7 AM SILVERSNEAKER 9:00-10:00 AM YOGA 6:00-7	17 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	18 BODY COND. 6:15-7 AM SILVERSNEAKERS 9:00-10:00 AM YOGA 6:00-7	19	20 COMBO 9:00-10:00 AM
21	22 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	23 BODY COND. 6:15-7 AM SILVERSNEAKER 9:00-10:00 AM YOGA 6:00-7	24 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	25 BODY COND. 6:15-7 AM SILVERSNEAKERS 9:00-10:00 AM YOGA 6:00-7	26	27 COMBO 9:00-10:00 AM
28	29 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM	30 BODY COND. 6:15-7 AM SILVERSNEAKER 9:00-10:00 AM YOGA 6:00-7	31 SILVERSNEAKERS 9:00-10.00 AM BODY COND. 5:30-6:30 PM			