

APRIL 2018

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing	3 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 11:30 GARDEN CLUB 1:30-3:00 Painting Pals	4 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	5 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 4-5 Yogilates 5:30 Tap Dancing	6 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
9 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet & Coffee 2:30-3:30 Tap Dancing 6:00 Line Dancing	10 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 11-12 Mindful Meditation 1:30-3:00 Painting Pals 1:30-3:00 HORTICULTURAL THERAPY	11 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	12 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 11-12 Mindful Meditation 4-5 Yogilates 5:30 Tap Dancing	13 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30—12 Yoga FFF
16 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 2:30-3:30 Tap Dancing 6:00 Line Dancing	17 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 11-12 Mindful Meditation 1:30-3:00 Painting Pals	18 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	19 *9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 11-12 Mindful Meditation 4-5 Yogilates 5:30 Tap Dancing	20 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
23 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet & Coffee 2:30-3:30 Tap Dancing 6:00 Line Dancing	24 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 11-12 Mindful Meditation 1:30-3:00 HORTICULTURAL THERAPY 1:30-3:00 Painting Pals	25 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Tai-Chi 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix	26 9-11 Oil Painting 9-10 Fitness for Everyone 10-11 Martial Arts 11-12 Mindful Meditation 1-4 Bridge 4-5 Yogilates 5:30 Tap Dancing	27 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF
30 HOLIDAY!!				