



# JAN 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>	<b>07</b>
<b>Happy New Year!!</b>  <b>Abundance and love for 2023</b>	9:15 am Beginner (Pat) 10:30 am: Chair (Pat)  6 pm Power (Christina)	9:30 am Gentle  4:45 pm Power 6 pm Beginner	6 am Power  10:30 Chair	9:30 am Gentle  6 pm Power (Mandy)	6 am Power 9:15 am Beginner  10:30-11:15 Chair	9:00 Beginner
<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	9:15 am Beginner (Pat) 10:30 am: Chair (Pat)  6 pm Power (Christina)	9:30 am Gentle  4:45 pm Power 6 pm Beginner	6 am Power  10:30 Chair	9:30 am Gentle  6 pm Power (Mandy)	6 am Power 9:15 am Beginner  10:30-11:15 Chair	Self-Care Workshop  9:30-1:00  Call to make your reservation
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	9:15 am Beginner (Pat) 10:30 am: Chair (Pat)  6 pm Power (Christina)	9:30 am Gentle  4:45 pm Power 6 pm Beginner	6 am Power  10:30 Chair	9:30 am Gentle  6 pm Power (Mandy)	6 am Power 9:15 am Beginner  10:30-11:15 Chair	9:00 am Power
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	9:15 am Beginner (Pat) 10:30 am: Chair (Pat)  6 pm Power (Christina)	9:30 am Gentle  4:45 pm Power 6 pm Beginner	6 am Power  10:30 Chair	9:30 am Gentle  6 pm Power (Mandy)	6 am Power 9:15 am Beginner  10:30-11:15 Chair	9:00 am Beginner
<b>29</b>	<b>30</b>	<b>31</b>				
	9:15 am Beginner (Pat) 10:30 am: Chair (Pat)  6 pm Power (Christina)	9:30 am Gentle  4:45 pm Power 6 pm Beginner				

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