

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 AHA PM Yoga 5:45 - 6:35 PM Catherine 251-377-8940	9 AHA AM Yoga 9:30 - 10:20 AM Kelly 251-753-1937	10 AHA PM Gentle Yoga 5:45 - 6:35 PM Ginny 251-623-4510	11	12
13	14	15 AHA PM Yoga 5:45 - 6:35 PM Catherine 251-377-8940	16 AHA AM Yoga 9:30 - 10:20 AM Kelly 251-753-1937	17 AHA PM Gentle Yoga 5:45 - 6:35 PM Ginny 251-623-4510	18	19
20	21 Happy MLK	22 AHA PM Yoga 5:45 - 6:35 PM Catherine 251-377-8940	23 AHA AM Yoga 9:30 - 10:20 AM Kelly 251-753-1937	24 AHA PM Gentle Yoga 5:45 - 6:35 PM Ginny 251-623-4510	25	26
27	28	29 AHA PM Yoga 5:45 - 6:35 PM Catherine 251-377-8940	30 AHA AM Yoga 9:30 - 10:20 AM Kelly 251-753-1937	31 AHA PM Gentle Yoga 5:45 - 6:35 PM Ginny 251-623-4510		