

# January 2012

HCHL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>Vivian - Triangle</b> <b>Acupuncture ...2-222-3256</b> ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 3 w/Vivian-90 min.	3 <b>Sonja - Rosa</b> ■ 9:00 AM ZUMBA @ Triangle- La Sharn ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	4 <b>Acupuncture ...12-222-3256</b> <b>Rosa Building</b> ■ 10:30 AM Total Body Conditioning w/Vivian - 60 min. ■ 6:30 PM Cardio Fusion w/ Susie Q - 60	5 <b>Rosa Building</b> ■ 6:30 PM Open Yoga - Ralph- 60 min.	6 <b>Rosa Building</b>	7 <b>Rosa</b> ■ 9:30 AM Open Yoga w/Nick ■ 12:00 PM Donation Pilates w/Sonja
8	9 <b>Acupuncture ...2-222-3256</b> <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	10 <b>Sonja - Rosa</b> ■ 9:00 AM ZUMBA @ Triangle- La Sharn ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	11 <b>Acupuncture ...12-222-3256</b> <b>Rosa Building</b> ■ 10:30 AM Total Body Conditioning w/Vivian - 60 min. ■ 6:30 PM Cardio Fusion w/ Susie Q - 60	12 <b>Rosa Building</b> ■ 6:30 PM Open Yoga - Ralph- 60 min.	13 <b>Rosa Building</b>	14 <b>Rosa</b> ■ 9:30 AM Open Yoga w/Nick ■ 12:00 PM Donation Pilates w/Sonja
15	16 <b>Acupuncture ...2-222-3256</b> <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	17 <b>Sonja - Rosa</b> ■ 9:00 AM ZUMBA @ Triangle- La Sharn ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	18 <b>Acupuncture ...12-222-3256</b> <b>Rosa Building</b> ■ 10:30 AM Total Body Conditioning w/Vivian - 60 min. ■ 6:30 PM Cardio Fusion w/ Susie Q - 60	19 <b>Rosa Building</b> ■ 6:30 PM Open Yoga - Ralph- 60 min.	20 <b>Rosa Building</b>	21 <b>Rosa</b> ■ 9:30 AM Open Yoga w/Nick ■ 12:00 PM Donation Pilates w/Sonja
22	23 <b>Acupuncture ...2-222-3256</b> <b>Vivian - Triangle</b> ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	24 <b>Sonja - Rosa</b> ■ 9:00 AM ZUMBA @ Triangle- La Sharn ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	25 <b>Acupuncture ...12-222-3256</b> <b>Rosa Building</b> ■ 10:30 AM Total Body Conditioning w/Vivian - 60 min. ■ 6:30 PM Cardio Fusion w/ Susie Q - 60	26 <b>Rosa Building</b> ■ 6:30 PM La Sharn - Zumba @ Triangle ■ 6:30 PM Open Yoga - Ralph- 60 min.	27 <b>Rosa Building</b>	28 <b>Rosa</b> ■ 9:00 AM Extened Yoga w/ Nick ■ 12:00 PM Donation Pilates w/Sonja
29	30 <b>Vivian - Triangle</b> <b>Acupuncture ...2-222-3256</b> ■ 5:30 PM Yoga 1 w/Vivian-60 min. ■ 6:30 PM Yoga 2 w/Vivian - 90 min.	31 <b>Sonja - Rosa</b> ■ 9:00 AM ZUMBA @ Triangle- La Sharn ■ 7:00 PM Pilates 1 ■ 8:00 PM Pilates 2 - 60 min.	1 <b>Acupuncture ...12-222-3256</b> <b>Rosa Building</b> ■ 10:30 AM Total Body Conditioning w/Vivian - 60 min. ■ 6:30 PM Cardio Fusion w/ Susie Q - 60	2 <b>Rosa Building</b> ■ 6:30 PM La Sharn - Zumba @ Triangle ■ 6:30 PM Open Yoga - Ralph- 60 min.	3 <b>Rosa Building</b>	4 <b>Rosa</b> ■ 9:30 AM Open Yoga w/Nick ■ 12:00 PM Donation Pilates w/Sonja