

SHAMROCK WELLNESS--January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 School Holiday	3	4	5	6	7
8	9	10 Yoga 12:30-1:30	11 Step Aerobics 1:00-2:00	12 Yoga 12:30-1:30	13 Open Gym Coach Garza 8:30-10:00	14
15	16 School Holiday	17 Yoga 12:30-1:30 Speaker: Nutrition 9th-10th Grade	18 Step Aerobics 1:00-2:00	19 Yoga 12:30-1:30	20 Open Gym Coach Morris 12:30-2:00	21
22	23	24 Yoga 12:30-1:30	25 Step Aerobics 1:00-2:00	26 Yoga 12:30-1:30	27 Open Gym Coach Garza 8:30-10:00	28
29	30	31 Yoga 12:30-1:30				

Schedule is subject to change.