

May 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	2 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	3 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	4 Weight Room	5
6	7 Elders Chair Yoga Yoga Zumba Game Room Weight Room	8 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	9 Elders Chair Yoga Zumba Game Room Weight Room	10 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	11 <i>Mother's & Father's Day BINGO 6 pm - 9 pm</i>	12
13	14 Elders Chair Yoga Yoga Zumba Game Room Weight Room	15 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	16 Elders Chair Yoga Zumba Game Room Weight Room	17 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	18 Weight Room	19
20	21 Elders Chair Yoga Yoga Zumba Game Room Weight Room	22 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	23 Elders Chair Yoga Zumba Game Room Weight Room	24 Karate Little Dragons Karate Ninja Warriors Circuit Training Game Room Weight Room	25 Weight Room	26
27	28 HOLIDAY CLOSED	29 Game Room Weight Room	30 Game Room Weight Room	31 Game Room Weight Room		

Monday's;

Elders Chair Yoga: 9:15am - 10:00am
 Yoga: 6:00 pm - 7:00 pm
 Zumba: 6:00 pm - 7:00 pm
 Game Room: 3:00 pm - 7:00 pm
 Weight Room: 8:00 am - 8:00 pm

Tuesday's;

Karate Little Dragons: 5:45 pm - 6:15 pm
 Karate Ninja Warriors: 6:15 pm - 7:00 pm
 Circuit Training: 5:45 pm - 6:45 pm
 Game Room: 3:00 pm - 7:00 pm
 Weight Room: 8:00 am - 8:00 pm

Wednesday's;

Elders Chair Yoga: 9:15am - 10:00am
 Zumba: 6:00 pm - 7:00 pm
 Game Room: 3:00 pm - 7:00 pm
 Weight Room: 8:00 am - 8:00 pm

Thursday's;

Karate Little Dragons: 5:45 pm - 6:15 pm
 Karate Ninja Warriors: 6:15 pm - 7:00 pm
 Circuit Training: 5:45 pm - 6:45 pm
 Game Room: 3:00 pm - 7:00 pm
 Weight Room: 8:00 am - 8:00 pm

Vah Ki Recreation (520) 315-3441