

August 2018

Monday

Elders Chair Yoga: 9:15am - 10pm
Yoga: 6:00pm - 6:45pm
Game Room: 3:00pm - 6:30pm
Open Gym: 3:00pm - 8:00pm
Weight Room: 8:00am - 8:00pm

Tuesday

Boot Camp: 6:15pm - 7:00pm
Game Room: 3:00pm - 6:30pm
Open Gym: 3:00pm - 8:00pm
Weight Room: 8:00am - 8:00pm

Wednesday

Elders Chair Yoga: 9:15am - 10:00am
Yoga: 6:00pm - 6:45pm
Game Room: 3:00pm - 6:30pm
Open Gym: 3:00pm - 8:00pm
Weight Room: 8:00am - 8:00pm

Thursday

Boot Camp: 6:15pm - 7:00pm
Game Room: 3:00pm - 6:30pm
Open Gym: 3:00pm - 8:00pm
Weight Room: 8:00am - 8:00pm

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	2 Boot Camp Game Room Open Gym Weight Room	3 Weight Room	4
5	6 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	7 Boot Camp Game Room Open Gym Weight Room	8 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	9 Boot Camp Game Room Open Gym Weight Room	10 Weight Room	11
12	13 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	14 Boot Camp Game Room Open Gym Weight Room	15 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	16 Boot Camp Game Room Open Gym Weight Room	17 Weight Room	18
19	20 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	21 Boot Camp Game Room Open Gym Weight Room	22 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	23 Boot Camp Game Room Open Gym Weight Room	24 Weight Room	25
26	27 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	28 Boot Camp Game Room Open Gym Weight Room	29 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	30 Boot Camp Game Room Open Gym Weight Room	31 Weight Room	

Vah Ki Recreation (520) 315-3441