

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1 hour Restorative Core Strength Keola® - \$15 @ 1 pm EST (mat)
2	3	4	5	6 25 Min Lunch Keola- \$10 @ 12pm EST (mat)	7	8
9	10	11	12 30 Min Energizing Afternoon Keola® - \$10 @ 3pm EST (mat)	13	14	15
16	17	18	19	20	21	22 1 hour Restorative Core Strength Keola® - \$15 @ 9am EST (mat)
23	24	25	26	27 25 Min Lunch Keola- \$10 @ 12pm EST (chair)	28	29
30	31					