

SUN	MON	TUE	WED	THUR	FRI	SAT
						1:30 Exercise 1
1:30 Exercise 2	8:00 WWW.FUN 3 9:15 Ease Your Mind 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 4 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 5 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 6 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 7 9:15 Ease Your Mind 11:30 Tai Chi 11:30 Tai Chi 1:30 Exercise	1:30 Exercise 8
1:30 Exercise 9	8:00 WWW.FUN 10 9:15 Ease Your Mind 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 11 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 12 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 13 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 14 9:15 Ease Your Mind 11:30 Tai Chi 11:30 Tai Chi 1:30 Exercise	1:30 Exercise 15
1:30 Exercise 16	8:00 WWW.FUN 17 9:15 Ease Your Mind 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 18 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 19 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 20 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 21 9:15 Ease Your Mind 11:30 Tai Chi 11:30 Tai Chi 1:30 Exercise	1:30 Exercise 22
1:30 Exercise 23	8:00 WWW.FUN 24 9:15 Ease Your Mind 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 25 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 26 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 27 9:15 Spin Class 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise	8:00 WWW.FUN 28 9:15 Ease Your Mind 11:30 Tai Chi 11:30 Tai Chi 1:30 Exercise	1:30 Exercise 29
1:30 Exercise 30	8:00 WWW.FUN 31 9:15 Ease Your Mind 10:15 Hydro Splash 1:30 Functional Fitness 1:30 Exercise					

October 2022

Cumberland Crossings Wellness Calendar