# What's on in December

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| | 1<br>Chair Yoga 12:15pm<br>Yoga 6:10pm | 2<br>*Sound Bath* 7:00pm | 3<br>Chair Yoga 11:30am<br>Mindful Craft 2:00pm<br>Yoga 6:00pm | 4<br>*Sound Bath* 12:15pm | 5 |
| 7 | 8<br>Chair Yoga 12:15pm<br>Yoga 6:10pm | 9 | 10<br>Chair Yoga 11:30am<br>Mindful Craft 2:00pm<br>Yoga 6:00pm | 11<br>*Sound Bath* 12:15pm | 12 |
| 14 | 15<br>Chair Yoga 12:15pm<br>Yoga 6:10pm | 16 | 17<br>Chair Yoga 11:30am<br>Mindful Craft 2:00pm<br>Yoga 6:00pm | 18<br>*Sound Bath* 12:15pm | 19<br>*Sound Bath* 5:00pm |
| 21 | 22 | 23 | 24 | 25 | 26 |
| 28<br>*Sound Bath* 7:00pm | 29 | 30 | 31 | | |