

S.H.A.P.E. FITNESS

January 2022

January 2022							February 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
						1			1	2	3	4	5
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28					
30	31												

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 26	27	28	29	30	31	Jan 1, 22
2	3 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	4 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	5 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	6 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	7 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	8
9	10 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	11 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	12 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	13 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	14 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	15
16	17 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	18 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	19 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	20 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	21 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	22
23	24 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	25 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	26 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	27 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi	28 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	29
30	31 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	Feb 1	2	3	4	5