

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 	31 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklorico 5:30pm Capoeira 6:30pm Yoga con Ludwin	1 9:30am Nia 10am Virtual Clases de Nutricion 6pm TOPS	2 9:30am Virtual Morning Yoga 5:30pm Capoeira 6:30pm Yoga con Ludwin	3 6:30 PM Ballet	4 10am TOPS	5 8am Balance Yoga Virtual (Intergenerational)
6	7 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklorico 5:30pm Capoeira 6:30pm Yoga con Ludwin	8 9:30am Nia 10am Virtual Clases de Nutricion 6pm TOPS	9 9:30am Virtual Morning Yoga 5:30pm Capoeira 6:30pm Yoga con Ludwin	10 6:30 PM Ballet	11 10am TOPS	12 8am Balance Yoga Virtual (Intergenerational)
13	14 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklorico 5:30pm Capoeira 6:30pm Yoga con Ludwin	15 9:30am Nia 10am Virtual Clases de Nutricion 6pm TOPS	16 9:30am Virtual Morning Yoga 5:30pm Capoeira 6:30pm Yoga con Ludwin	17 6:30 PM Ballet	18 10am TOPS	19 8am Balance Yoga Virtual (Intergenerational) 10:30am - 11:30am No Worries Kids Yoga 1pm-2:30pm Family Cooking Class
20	21 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklorico 5:30pm Capoeira 6:30pm Yoga con Ludwin	22 9:30am Nia 10am Virtual Clases de Nutricion 6pm TOPS	23 9:30am Virtual Morning Yoga 5:30pm Capoeira 6:30pm Yoga con Ludwin	24 6:30 PM Ballet 7:30pm (Virtual) Parent Group English	25 10am TOPS	26 8am Balance Yoga Virtual (Intergenerational) 9am-noon Mini Grant Writing Workshop for Survivors 10:30am - 11:30am No Worries Kids Yoga
27	28 8:30am Virtual Meditation 9:30am Virtual Morning Yoga 4:45pm Baile folklorico 5:30pm Capoeira 6:30pm Yoga con Ludwin	1 9:30am Nia 10am Virtual Clases de Nutricion 6pm TOPS	2 9:30am Virtual Morning Yoga 5:30pm Capoeira 6:30pm Yoga con Ludwin	3 6:30 PM Ballet	4 10am TOPS	5 8am Balance Yoga Virtual (Intergenerational) 10:30am - 11:30am No Worries Kids Yoga