

November 2024 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	8:30am-7pm	8:30am-7pm	8:30am-7pm	1 9am- 12pm
				9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1) 11am-Ofrenda making class(1)
4 8:30am- 7pm	5 8:30am-7pm	6 8:30am-7pm	7 8:30am-7pm	8 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1)	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 2pm- Healthy snacks with Aneli (1)	8:30-12pm- Texas Tech Info(2) 9am- Stress Management (2) 10am- Chair Yoga (2) 12pm- ESL with Liz(1) 6pm- Financial Literacy (2)	10am-Citizenship Class (1) 1pm- Pilates (1) 2pm- Spin (1) 4pm-Loteria(1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
11 8:30am- 7pm	12 8:30am- 7pm	13 8:30am- 7pm	14 8:30am- 7pm	15 9am-12pm
HTC Closed	9am- Staying Healthy (2) 10am-Spin (1) 11am-How to write a resume(2) 12pm- Creative Cooking (1) 3pm- Food Safety (2) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 12pm- ESL with Liz(1) 2pm- How to handle a toothache (1)	10am- Showing gratitude (2) 10am- Citizenship Class (1) 1pm- Pilates (1) 2pm- Diabetes Education(1) 3pm-Art(1) 4pm-Loteria(1)	9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
18 8:30am-7pm	19 8:30am-7pm	20 8:30am-7pm	21 8:30am-7pm	22 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1)	9am-12pm- Amarillo College ESL enrollment. (1) 10am-Spin (1) 12pm- Creative Cooking (1) 2pm- Healthy Snack with Aneli (1) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Stress Management (2) 10am- Chair Yoga (2) 12pm- ESL with Liz (1) 2pm- Mental Health Matters just as much as Physical Health (1) 6pm- Financial Literacy (2)	10am- Citizenship Class (1) 11pm-Food safety (2) 1pm- Pilates (1) 2pm-Spin (1) 4pm-Loteria(1)	9am- Walking Group (1) 9:30am- HIIT with Dalia (1) 10am-Spin (1) 12pm-Raices info session (1)
25 8:30am-7pm	26 8:30am-7pm	27 8:30am-7pm	28 8:30am-7pm	29 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 4pm- Life Skills (2) 5:30pm- Creative Cooking (1)	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	HTC Closed	HTC Closed	HTC Closed