**“Smell the Sea and feel the Sky, Let your soul and spirit fly”  
-Van Morrison**

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\LV4HLOE1\400px-Sun_symbol_yellow.svg[1].png |  |  |  |  |  | 1 |
|  |  |  |  |  |  | C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\Y9CHO3LT\graduation-cap[1].jpg |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  ***Bulletproof Your Body @ 5:30 PM*** | **6:45-8:45 AM**  **4:00 – 6:00 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **YOGA CLASS 11:15AM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | ***TEAM TRAINING*** |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  ***The Negative Effects of Technology @ 5:30 PM*** | **6:45-8:45 AM**  **4:00 – 6:00 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **YOGA CLASS 11:15AM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** |  |  |
| 16 | 17 CARD DAY | 18 | 19 | 20 | 21 SUMMER SOLSTICE | 22 |
| **FATHERS DAY**  C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\XE1R97X4\366b8bf5-2685-4f69-8b4e-23c0ea527ad0[1].png | **6:45 – 10:45 AM**  **1:30 – 5:30 PM  *Herbal & Essential oil Class@ 5:30 PM*** | **6:45-8:45 AM**  **4:00 – 6:00 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **YOGA CLASS 11:15AM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | DR AMANDA AND DR JILLIAN AT SEMINAR IN VIRGINIA BEACH  C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\VEJII8F5\seaside-beach-holiday-clipart[1].jpg |  |
| 23 | 24  **6:45 – 10:45 AM**  **1:30 – 5:30 PM  *Live Active life w/ Healthy low back@ 5:30 PM*** | 25  **6:45-8:45 AM**  **4:00 – 6:00 PM** | 26  **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **YOGA CLASS 11:15AM** | 27  **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | 28 | 29 |
|  |  |  |  |  |  |  |