 **“January brings the snow, makes our feet and fingers glow” ~ Sarah Coleridge**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | Image result for baby new year cartoon | 1 | 2 | 3 | 4C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\Y9CHO3LT\1204033312_1d0745cb24_z[1].jpg |
|  |  |  | C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\Y9CHO3LT\fireworks_PNG15671[1].png  **Closed for**  **New Years** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **Bulletproof your body@5:30** | **6:45-8:45 AM**  **4:00 – 6:00 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** |  |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Image result for hot cocoa cartoon | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **The time is now to change your life@5:30** | **6:45-8:45 AM**  **4:00 – 6:00 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | Image result for winter |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **Bacterial resistance to antibiotics@5:30** | **6:45-8:45 AM**  **4:00 – 6:00 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | **6:45 – 10:45 AM**  **1:30 – 5:30 PM** |  |  |
| 26 | 27  **6:45 – 10:45 AM**  **1:30 – 5:30 PM**  **Sleep well strategies@5:30** | 28  **6:45-8:45 AM**  **4:00 – 6:00 PM** | 29  **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | 30  **6:45 – 10:45 AM**  **1:30 – 5:30 PM** | ***31***  **Team training**  C:\Users\frontdesk\AppData\Local\Microsoft\Windows\INetCache\IE\LV4HLOE1\266584[1].jpg |  |