October 2020

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | ***Monday*** | **Tuesday** | **WednesdaY** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | **6:45 – 10:45 AM****1:30 – 5:30 PM** | **6:45 – 8:45 AM** |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | **6:45 – 10:45 AM****1:30 – 5:30 PM*****Bulletproof Your Body*** | **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** | **6:45 – 8:45 AM** |  |
| 11 | 12  | 13 | 14 | 15 | 16 | 17 |
|  | **6:45 – 10:45 AM****1:30 – 5:30 PM*****Dr. Jilian Out******Wellness Chiropractic Care IS Health Ins.*** | **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** | **6:45 – 8:45 AM*****Dr. Amanda Out******National Boss’s Day!*** |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| C:\Program Files (x86)\Microsoft Office\MEDIA\CAGCAT10\j0305493.wmf | **6:45 – 10:45 AM****1:30 – 5:30 PM*****The Power of Nutrition*** | **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** | **6:45 – 8:45 AM** |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | **6:45 – 10:45 AM****1:30 – 5:30 PM*****Core Stability Exercises*** | **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** | **6:45 – 8:45 AM** |  |
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