

MINDFULNESS & MOVEMENT

Summer 2025 Online Schedule

JUNE 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Mindfulness & Movement with Janine at 9:00 AM	4 Mindfulness & Movement with Jenn at 9:00 AM	5	6	7
8	9	10 Mindfulness & Movement with Janine at 9:00 AM	11 Mindfulness & Movement with Jenn at 9:00 AM	12	13	14
15	16	17 Mindfulness & Movement with Janine at 9:00 AM	18 Mindfulness & Movement with Jenn at 9:00 AM	19	20	21
22	23	24 Mindfulness & Movement with Janine at 9:00 AM	25 Mindfulness & Movement with Jenn at 9:00 AM	26	27	28
29	30					



NOTE: For Mindfulness & Movement information and Zoom link to access class, visit the CCS Wellness Website: <https://www.ccsch.us/Page/7061>

MINDFULNESS & MOVEMENT

Summer 2025 Online Schedule

JULY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO CLASS	2 NO CLASS	3	4	5
6	7	8 Mindfulness & Movement with Janine at 9:00 AM	9 Mindfulness & Movement with Jenn at 9:00 AM	10	11	12
13	14	15 Mindfulness & Movement with Janine at 9:00 AM	16 Mindfulness & Movement with Jenn at 9:00 AM	17	18	19
20	21	22 Mindfulness & Movement with Janine at 9:00 AM	23 Mindfulness & Movement with Jenn at 9:00 AM	24	25	26
27	28	29 Mindfulness & Movement with Janine at 9:00 AM	30 Mindfulness & Movement with Jenn at 9:00 AM	31		



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