

# URBAN ZEN INTEGRATIVE THERAPY

## ONLINE CLASS SCHEDULE

NOVEMBER 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 URBAN ZEN with Jennifer G. 4:30 PM	4	5 URBAN ZEN with Janine H. 4:30 PM	6	7
8	9 URBAN ZEN with Janine H. 4:30 PM	10 URBAN ZEN with Jennifer G. 4:30 PM	11 URBAN ZEN with Jennifer G. 4:30 PM	12 URBAN ZEN with Janine H. 4:30 PM	13	14
15	16 URBAN ZEN with Janine H. 4:30 PM	17 URBAN ZEN with Jennifer G. 4:30 PM	18 URBAN ZEN with Jennifer G. 4:30 PM	19 URBAN ZEN with Janine H. 4:30 PM	20	21
22	23 NO CLASS	24 NO CLASS	25 NO CLASS	26 NO CLASS	27	28
29	30 URBAN ZEN with Janine H. 4:30 PM					



**NOTE:** For the most up-to-date Urban Zen class information and Zoom link to access class, visit the CCS Wellness Website: <https://www.ccssoh.us/Page/7061>

# URBAN ZEN INTEGRATIVE THERAPY

## ONLINE CLASS SCHEDULE

DECEMBER 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 URBAN ZEN with Jennifer G. 4:30 PM	2 URBAN ZEN with Jennifer G. 4:30 PM	3 URBAN ZEN with Janine H. 4:30 PM	4	5
6	7 URBAN ZEN with Janine H. 4:30 PM	8 URBAN ZEN with Jennifer G. 4:30 PM	9 URBAN ZEN with Jennifer G. 4:30 PM	10 URBAN ZEN with Janine H. 4:30 PM	11	12
13	14 URBAN ZEN with Janine H. 4:30 PM	15 URBAN ZEN with Jennifer G. 4:30 PM	16 URBAN ZEN with Jennifer G. 4:30 PM	17 URBAN ZEN with Janine H. 4:30 PM	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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