

URBAN ZEN INTEGRATIVE THERAPY

2021-2022 Online Class Fall Schedule

OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Urban Zen with Janine H. 5:00 PM	5 Urban Zen with Janine H. 5:00 PM	6 Urban Zen with Jennifer G. 5:00 PM	7 Urban Zen with Jennifer G. 5:00 PM	8	9
10	11 Urban Zen with Janine H. 5:00 PM	12 Urban Zen with Janine H. 5:00 PM	13 Urban Zen with Jennifer G. 5:00 PM	14 Urban Zen with Jennifer G. 5:00 PM	15	16
17	18 Urban Zen with Janine H. 5:00 PM	19 Urban Zen with Janine H. 5:00 PM	20 Urban Zen with Jennifer G. 5:00 PM	21 Urban Zen with Jennifer G. 5:00 PM	22	23
24 31	25 Urban Zen with Janine H. 5:00 PM	26 Urban Zen with Janine H. 5:00 PM	27 Urban Zen with Jennifer G. 5:00 PM	28 Urban Zen with Jennifer G. 5:00 PM	29	30



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

URBAN ZEN INTEGRATIVE THERAPY

2021-2022 Online Class Schedule

NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Urban Zen with Janine H. 5:00 PM	2 Urban Zen with Janine H. 5:00 PM	3 Urban Zen with Jennifer G. 5:00 PM	4 Urban Zen with Jennifer G. 5:00 PM	5	6
7	8 Urban Zen with Janine H. 5:00 PM	9 Urban Zen with Janine H. 5:00 PM	10 Urban Zen with Jennifer G. 5:00 PM	11 Urban Zen with Jennifer G. 5:00 PM	12	13
14	15 Urban Zen with Janine H. 5:00 PM	16 Urban Zen with Janine H. 5:00 PM	17 Urban Zen with Jennifer G. 5:00 PM	18 Urban Zen with Jennifer G. 5:00 PM	19	20
21	22 NO CLASS THIS WEEK	23	24	25	26	27
28	29 Urban Zen with Janine H. 5:00 PM	30 Urban Zen with Janine H. 5:00 PM				



NOTE: For the 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

2021-2022 Online Class Schedule

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Urban Zen with Jennifer G. 5:00 PM	2 Urban Zen with Jennifer G. 5:00 PM	3	4
5	6 Urban Zen with Janine H. 5:00 PM	7 Urban Zen with Janine H. 5:00 PM	8 Urban Zen with Jennifer G. 5:00 PM	9 Urban Zen with Jennifer G. 5:00 PM	10	11
12	13 Urban Zen with Janine H. 5:00 PM	14 Urban Zen with Janine H. 5:00 PM	15 Urban Zen with Jennifer G. 5:00 PM	16 Urban Zen with Jennifer G. 5:00 PM	17	18
19	20	21	22	23	24	25
NO CLASSES FOR CCS HOLIDAY BREAK →						
26	27	28	29	30	31	
→						



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