



# FREE CLASSES FOR CCS STAFF

## Fall Schedule

	OCTOBER 2020						
SUNDA'	Y MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	
4	5	6	7	8	9	10	
11	Zoom Yoga Class 4:00 - 5:00 PM	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	



Visit the <u>Youth Yoga Project tab</u> under Current Wellness Programs on the wellness website for class registration link and more information.





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## Fall Schedule

	NOVEMBER 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	Zoom Yoga Class 4:00 - 5:00 PM	3	4	5	6	7	
8	9	10	11	12	13	14	
15	Zoom Yoga Class 4:00 - 5:00 PM	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						



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DECEMBER 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
	Zoom Yoga Class 4:00 - 5:00 PM					
13	14	15	16	17	18	19
20	Zoom Yoga Class 4:00 - 5:00 PM	22	23	24	25	26
27	28	29	30	31		



Visit the <u>Youth Yoga Project tab</u> under Current Wellness Programs on the wellness website for class registration link and more information.