










December 18th – 31st we will be opened
 Monday – Friday from 6:00 – 9:30 AM ONLY
 Saturdays 7:30 – 10:30AM

Holiday Group Schedule 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 17 Normal Schedule Dosing: 6:00-9:30	18 8:30 Trauma Group (see Tina to attd) Dosing: 6:00-9:30	19 6:00 MD Group 8:30 Holiday Stress Dosing: 6:00-9:30	20 6:15 MD Group 8:30 Relaxing Yoga Dosing: 6:00-9:30	21 8:30 Healthy Habits Dosing: 6:00-9:30	22 Dosing from 7:30-10:30 	
23 CLOSED 	24 NO Groups Dosing: 6:00-9:30	 25 CLOSED	26 CLOSED	27 6:15 MD Group 8:30 Relaxing Yoga Dosing: 6:00-9:30	28 8:30 Healthy Habits Dosing: 6:00-9:30	29 Dosing from 7:30-10:30
30 CLOSED 	31 6:00 MD Group 8:30 MD Group Dosing: 6:00-9:30	1 CLOSED	2 Resume Normal Schedule	3 	4 	5 