



# TEMECULA

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## DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 11-11:30am Back Class 2-2:30pm Balance/Strength	<b>2</b> 11-11:30am Leg Strength 2-2:30pm Upper Body	<b>3</b> 11-11:30am Strength/Mobility	<b>4</b>
<b>6</b> 11-11:30am Balance/Strength 2-2:30pm Back Class	<b>7</b> 11-11:30am Upper Body 2-2:30pm Leg Strength	<b>8</b> 11-11:30am Back Class 2-2:30pm Balance/Strength	<b>9</b> 11-11:30am Leg Strength 2-2:30pm Upper Body	<b>10</b> 11-11:30am Strength/Mobility Closed 12pm	<b>11</b>
<b>13</b> 11-11:30am Balance/Strength 2-2:30pm Back Class	<b>14</b> 11-11:30am Upper Body 2-2:30pm Leg Strength	<b>15</b> 11-11:30am Back Class 2-2:30pm Balance/Strength	<b>16</b> 11-11:30am Leg Strength 2-2:30pm Upper Body	<b>17</b> 11-11:30am Strength/Mobility	<b>18</b>
<b>20</b> 11-11:30am Balance/Strength 2-2:30pm Back Class	<b>21</b> 11-11:30am Upper Body 2-2:30pm Leg Strength	<b>22</b> 11-11:30am Back Class 2-2:30pm Balance/Strength	<b>23</b> 11-11:30am Leg Strength 2-2:30pm Upper Body	<b>24</b> 11-11:30am Strength/Mobility Closed 12pm	<b>25</b>
<b>27</b> Closed	<b>28</b> 11-11:30am Upper Body 2-2:30pm Leg Strength	<b>29</b> 11-11:30am Back Class 2-2:30pm Balance/Strength	<b>30</b> 11-11:30am Leg Strength 2-2:30pm Upper Body	<b>31</b> 11-11:30am Strength/Mobility Closed 12pm	Closed until January 5th, 2022