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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **8**  Silver Sneakers w/ Josh 9:00am - 9:45am | **9**  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm | **10**  Silver Sneakers w/ Josh 9:00am - 9:45am | **11**  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm |
| **15**  Silver Sneakers w/ Josh 9:00am - 9:45am | **16**  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm | **17**  Silver Sneakers w/ Josh 9:00am - 9:45am | **18**  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm |
| **22**  Silver Sneakers w/ Josh 9:00am - 9:45am | **23**  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm | **24**  Silver Sneakers w/ Josh 9:00am - 9:45am | **25**  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm |
| **29**  Silver Sneakers w/ Josh 9:00am - 9:45am | **30**  Silver Sneakers w/ Josh 9:00am - 9:45am | 1  Silver Sneakers w/ Josh 9:00am - 9:45am | 2  Silver Sneakers w/ Josh 9:00am - 9:45am  UBC w/ Jacqueline 4:30pm - 5:30pm  T&R w/ Jaqueline 5:30 - 5:40pm |