



# AquaFit

## ACTIVITIES ROOM CALENDAR

### NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	<b>Tech help with your phone or computer is available. E mail</b>	All classes and activities are subject to change	Email: Admin@mbchg.org	If there's a class you'd like to teach, please contact Kathy Dougan admin@mbchg.org	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	<b>IN ORANGE: OPEN TO EVERYONE. PLEASE JOIN</b>
					1 9-11 am Watercolor Class	2
3	4 9-10 Yoga	5 10-11 am Stretch & Tone Kinesiology 11-1 By appt	6 9-10 Yoga	7 10-11 am Stretch & Tone	8 9-11 am Watercolor Class	9
10	11 9-10 Yoga Chaparral 11-3	12 10-11 am Stretch & Tone Kinesiology 11-1 By appt	13 9-10 Yoga  Sportettes 1:30-3:30	14 10:-11 am Stretch & Tone  Bunco 1-4	15 9-11 am Watercolor Class	16 9 am-2 pm Life Stream Blood Bank
17	18 9-10 Yoga	19 10-11am Stretch & Tone Kinesiology 11-1 By appt	20 9-10 Yoga  Lincoln Club 6-8	21 10-11 am Stretch & Tone <b>**Board Mtng 4 pm**</b> Old Car Club 6:30-8:30	22 9-11 am Watercolor Class	23
24  Pvt Prty 3:30-5:30	25 9-10 Yoga	26 10:00 am Stretch & Tone Kinesiology 11-1 By appt	27 9-10 Yoga	28 10-11 am Stretch & Tone	29  <b>CLOSED</b>	30  <b>CLOSED</b>