




# AquaFit

## ACTIVITIES ROOM CALENDAR

### OCTOBER 2024



| Sun                      | Mon   | Tue   | Wed  | Thu  | Fri   | Sat   |
|--------------------------|---|---|--|--|---|---|
| NOP - Not Open To Public | <b>Kiniseology available by appointment 808-333-1001</b>              | All classes and activities are subject to change                            | <b>Email: Admin@mbchg.org</b>              | 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<br>10:00 am<br>Stretch & Tone<br>Tech Class 11:30-1:30 appt.              | 2<br>9-10 Yoga                             | 3<br>10:00 am<br>Stretch & Tone  | 4<br>Rubber Ducky Mtg 2:30  | 5   |
| 6<br>Private 12-3        | 7<br>9-10 Yoga<br>Kiniseology<br>11-1 Appt<br>Chapparal 11:30-3:00 pm | 8 10:00 am<br>Stretch & Tone<br>Tech Class 11:30-1:30 appt.<br>Vol Mtg 2:30 | 9<br>9-10 Yoga<br><br>Sportettes 1:30-3:30 | 10<br>10:00 am<br>Stretch & Tone<br>Bunco 1-4  | 11<br>9-11 am<br>Water Color  | 12<br>9 am- 2pm<br>Life Stream Blood Bank   |
| 13                       | 14<br>9-10 Yoga<br>Kiniseology<br>11-1 Appt                           | 15 10:00 am<br>Stretch & Tone<br>Tech Class 11:30-1:30 appt.                | 16<br>9-10 Yoga<br><br>Pvt Party 6-9       | 17 10:00 am Stretch & Tone<br>Memory Class 1-2<br>Board Meeting 4<br>Pvt Party 6:30-8:30 | 18<br>9-11 am<br>Water Color<br>TUPPERWARE 5-9 PM                                     | 19  |
| 20                       | 21<br>9-10 Yoga<br>Kiniseology<br>11-1 Appt                           | 22 10:00 am<br>Stretch & Tone<br>Tech Class 11:30-1:30 appt.<br>Pvt 5-8     | 23<br>9-10 Yoga                            | 24<br>10:00 am Stretch & Tone  | 25<br>9-11 am<br>Water Color  | 26<br>9 am-2pm<br>Life Stream Blood Bank  |
| 27<br>Private 3:30-5:30  | 28<br>9-10 Yoga<br>Kiniseology<br>11-1 Appt                           | 29<br>10:00 am<br>Stretch & Tone<br>Tech Class 11:30-1:30                   | 30<br>9-10 Yoga                            | 31<br>10:00 am Stretch & Tone  |  |  |