

 **All classes are free and require pre-registration.**

Monday	Tuesday	Wednesday	Thursday	Friday
		Upping Your Metabolism Class 1300-1400	Dealing with Life Changing Events 1300-1400	1
4	5	Dealing with Life Changing Events 1300-1400	Upping Your Metabolism Class 1300-1400	8
11	12	Upping Your Metabolism Class 1300-1400	Dealing with Life Changing Events 1300-1400	15
18	19	Dealing with Life Changing Events 1300-1400	Upping Your Metabolism Class 1300-1400	22
25	26	Upping Your Metabolism Class 1300-1400	Upping Your Metabolism Class 1300-1400	29