MON	TUE	WED	THU	FRI
9am-11am	9-9:30am	9am-noon	9am-11:30	9am-noon
Prevocational Teams	Warm-Up in Gym		Prevocational Teams	Prevocational Teams
Lunch Planning	9:30-10:30 am		Coffee Shop Open:	Food Pantry Open:
11:11:30 AM	Fitness: Yoga, Zumba,	Prevocational	9:30-11:30 am	10:30-12:30
Business Class	Weights, Aerobics	Teams		
11:30-noon	10:30- 11:00		11:30-noon	
Coop Meeting	Health Talk		Coop Meeting	
	11:00-Noon			
	Cook Lunch/Social Time			
Noon-1	Noon-1	Noon-1	Noon-1	Noon-1
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	1pm-4pm		1:00pm - 2:30 pm	
	Prevocational Teams		Exercise	Please check out our
			2:30-4pm	events the first Friday
			Prevocational Teams	of every month!