

# December

# 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10:15 Chair Yoga	10:15 Chair Yoga		10:15 Chair Yoga		
7	8	9	10	11	12	13
	10:15 Chair Yoga	10:15 Chair Yoga	10:15 Chair Yoga	10:15 Chair Yoga		
14	15	16	17	18	19	20
	10:15 Chair Yoga		10:15 Chair Yoga	10:15 Chair Yoga		
21	22	23	24	25	26	27
28	29	30	31			
	10:15 Chair Yoga	10:15 Chair Yoga				

