

January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  CLOSED	2 Immune Essentials 9am F Just for Kids 4:15pm Free Understanding Your Labs 5:30pm A	3 Publix Shopping Exp 8:30am A Wellness Ambassadors 4:30pm	4 Orientation 8:15am F Diabetes 1 9:30am A Fresh Market 5:15pm A	5 What, Why, & How of Eating 8:15am A+ Juicing Class 1pm A
8 Advanced Cardio 10am F Publix Shopping Exp 10:30am A Detox Your Way to Better Health 5:30pm Free	9 Healthy Weight 8:15am F Orientation 4:45pm F	10 Heal Your Gut 9am F Skincare Basics 3pm Free Karen's Support Group 5pm Free	11 Understanding Your Labs 2pm A What, Why, How of Eating 5:15pm A+	12 Bountiful Farms 8:15am Free
15 Stress Hormones 10am F What, Why, and How of Eating 3pm A+	16 Understanding Your BCA 10:15am A Publix Shopping Exp 4:30pm A Advanced Cardio 5pm F	17 Understanding your Labs 7:30am A Blood Sugar 4:15pm F	18 Orientation 5:15pm F	19
22 Understanding Your Labs 1pm A Immune Essentials 4pm F	23 What, Why, and How of Eating 1pm A+ Stress Hormones 5pm F	24 Heal Your Gut 4:15pm F	25 Diabetes 1 5:15pm A Diabetes 2 6:15pm A Publix Shopping Exp 5:45pm A	26 Orientation 9:15am F Detox Not Retox 11am F
29 Healthy Weight 4:15pm F	30 Understanding Your Labs A 8am What, Why, How of Eating 1pm A+	31 Blood Sugar Insulin 8:15am VIP Class (members only) 4:30pm F Free		