

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1 Understanding Your Labs 7:30am A</p> <p>Health Weight 1:45pm F</p> <p>Green Cleaning w/Essential Oils 3pm Free</p> <p>Wellness Ambassadors 4:30pm Free</p>	<p>2 Detox Not Retox 9am F</p> <p>Fresh Market Shopping Exp 5:15pm A</p> <p>Juicing 6:15pm A</p>	<p>3 Vision Board 8:30am Free</p>
<p>6 Understanding Your Labs 5:15pm A</p> <p>What, Why, and How of Eating 10:15am A+</p> <p>Immune Essentials 4pm F</p>	<p>7 Heal Your Gut 9am F</p> <p>Blood Sugar Connection 4:15pm F</p>	<p>8 CLIENT APPRECIATION DAY</p> <p>8am—6pm</p> 	<p>9 Adv Cardiovascular 9am F</p> <p>Publix Shopping Exp 12:30pm A+</p> <p>Diabetes Part 1 5:15pm A</p> <p>Diabetes Part 2 6:15pm A</p>	<p>10</p> <p>What's In Your Kitchen/ Recipe Swap 9am Free</p>
<p>13 Stress Hormones 4pm F</p>	<p>14 Healthy Weight 8:15am F</p>	<p>15 VIP Class 11:30am</p> <p>Understanding your BCA 8am A</p> <p>What, Why, How 12:45pm A+</p> <p>Just for Kids 4:15pm Free Free</p> <p>Karen's Support Group 5:15pm</p>	<p>16 Immune Essentials 9:30am F</p> <p>Publix Shopping Exp 5:15pm A</p>	<p>17</p> <p>Understanding Your Labs 2:15pm A</p>
<p>20 Publix Shopping Exp 10:30am</p> <p>Advanced Cardiovascular 5pm F</p>	<p>21 What, Why, and How of Eating 9am A+</p>	<p>22 Diabetes Part 1 8:30am A</p> <p>Heal Your Gut 1:45pm F</p>	<p>23</p>  <p>OFFICE CLOSED</p>	<p>24</p>
<p>27 Binder Class 4:15pm Free</p>	<p>28 Publix Shopping Exp 11am A</p>	<p>29 Blood Sugar Conn. 8:15pm F</p>	<p>30 Understanding Your Labs 9am A Stress Hormones 1pm F</p>	<p>What, Why, How of Eating 5:15pm A+</p>

F Fundamental Class (General Rate: \$40 "Member Only" Rate: \$20)

Free Free Class/Seminar. Limited Seating.

RSVP 352-259-5190

A Advanced Class (General Rate: \$75 "Member Only" Rate: \$37.50)

A+ Advanced Plus Class 2 Hours