

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 VIP Class 4:15pm (VIP Members Only) Blood Sugar Insulin 10:30am F</p>	<p>3 Stress Hormones 2pm F What, Why, & How of Eating 8:15am A+</p>	<p>4 Essential Oils 9:30am Free Wellness Ambassadors 4:15pm Free</p>	<p>5 Understanding Your Labs 4:15pm A Immune Essentials 9:30am F Publix Shopping Exp 5:15pm A</p>	<p>6 Heal Your Gut 11am F</p>
<p>9 Detox Not Retox 1pm F Healthy Weight 4:15pm F</p>	<p>10 Fresh Market Shopping Exp. 10am A</p>	<p>11 Understanding Your Labs 7:30am A What, Why, and How of Eating 12:45pm A+ Karen's Support Group 5pm Free</p>	<p>12 Diabetes Part 1 9:30am A MVP Tour 2:30pm Free</p>	<p>13</p>
<p>16 Advanced Cardiovascular 3pm F</p>	<p>17 Diabetes Part 1 1pm A Publix Shopping Exp. 9am A</p>	<p>18 Healthy Weight 8:3am Vision Board 4:15pm Free F</p>	<p>19 What, Why, & How of Eating 9am A+ Understanding Your labs 3pm A Blending Class 5pm A</p>	<p>20 Diabetes Part II 8am Binder Class 10am Free A</p>
<p>23 Understanding Your Labs 5:15pm A What, Why, & How of Eating 12:45 A+</p>	<p>24 Recipe Swap 9am Free Heal Your Gut 4:15pm F</p>	<p>25 Understanding Your BCA 3pm A Publix Shopping Exp. 1pm A</p>	<p>26 Stress Hormones 9:30am F</p>	<p>27 Blood Sugar Insulin 8:15am A</p>
<p>30 Adv. Cardiovascular 1pm F Publix Shopping Exp 10:30am A What, Why, How of Eating 4:15pm A+</p>	<p>31 What's in your Kitchen— preservatives 9am F Immune Essentials 1pm F</p>	<p>MARK YOUR CALENDARS: October 11th at 3:30pm—Diabetes—Surviving the Holidays Wellness Talk— Lady Lake Library—Open to the Public November 8th—TNT Client Appreciation Day—8am—6pm</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

