





















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	 4 Core and Posture 1	5	6	 7 Core and Posture 2	8	 9 Posture and Breathing
10	 11 Weight Shifting	12	13	 14 Core and Posture 3	15	 16 Music and Movement
17	 18 Bed Mobility	19	20	 21 Core and Posture 1	22	 23 Seated Aerobics
24	 25 Core and Posture 2	26	27	 28 Weight Shifting	29	 30 Pelvic Floor
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 1 Core and Posture 3	2	3	 4 Advanced Core Strengthening 1	5	 6 Music and Movement
7	 8 Bed Mobility	9	10	 11 Advanced Core Strengthening 2	12	 13 Seated Aerobics
14	 15 Core and Posture 1	16	17	 18 Core and Posture 2	19	 20 Pelvic Floor
21	 22 Advanced Core Strengthening 1	23	24	 25 Weight Shifting	26	 27 Seated Stretching
28	 29 Advanced Core Strengthening 2	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	 2 Bed Mobility	3	 4 Posture and Breathing
5	 6 Core and Posture 2	7	8	 9 Weight Shifting	10	 11 Music and Movement
12	 13 Bed Mobility	14	15	 16 Advanced Core Strengthening 2	17	 18 Pelvic Floor
19	 20 Core and Posture 1	21	22	 23 Advanced Core Strengthening 1	24	 25 Seated Aerobics
26	 27 Core and Posture 2	28	29	 30 Core and Posture 3	31	

June

2024

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