

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--|-----------------------|---------------------|----------------------------|----------------|
| 9-9:30 | Alex - Shoulder/back Rehab | | | | |
| 9:30-10:00 | 9:00-10:00 | | | | |
| 10-10:30 | Alex- Knee with the bed | | | | |
| 10:30-11 | 10:00-11:00 | | | | |
| 11-11:30 | Alex - knee with Chair | Nutrition | | Nutrition English | |
| 11:30-12 | 11:00-12:00 | 11:00-12:00 | | (in spanish) 11-12pm | |
| 12-12:30 | Alex - back rehab | | Nutrition English | Nutrition | Wellness Group |
| 12:30-1 | 12:00-1:00 | | (in spanish) 12-1pm | 12:00-1:00 | 12:00-1:00 |
| 1-1:30 | Wellness or nutrition Group | | | yoga - Functional Mobility | |
| 1:30-2 | 1:00-2:00 | | | 1:00-2:00 | |
| 2-2:30 | | | | | |
| 2:30-3 | Yoga- Functional Mobility | | Hatha | | |
| 3-3:30 | 2:30-3:30 | | 2:30-3:30 | Healthy Active Living | |
| 3:30-4 | | meditation | | 3:00-4:00 | |
| 4-4:30 | | 3:45-4:45 | | Nutrition | |
| 4:30-5 | | Healthy Active Living | | 4:00-5:00 | |
| 5-5:30 | | 4:45-5:45 | | | |
| 5:30-6 | | | | | |
| 6-6:30 | | | | | |
| 6:30-7 | | | | | |
| 7-7:30 | | | | | |
| | * Alex Rehab class for knee and back | | | | |
| | * Wellness Group with Janelle, Shauna or Vanessa | | | | |
| | * Spanish/english nutrition with Vanessa | | | | |
| | * Nutrition morning with Janelle | | | | |
| | * Nutrition evening with Shauna | | | | |
| | * HAL with Kaley | | | | |
| | * Yoga with Lynda 3 groups | | | | |
| | functional movement and introduction to yoga stretch" | | | | |
| | Hatha Yoga" body/mind/spirit (offering a strength and flexibility) | | | | |
| | Move for mobility and Wellness" | | | | |