

Okakopa

Hale Ho'oikaika Health and Wellness Center



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	3 Gym: 7-10:00 am AND 2:30-4:30pm 10:00-12:00- Ornish alumni	4 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	5 Gym: 7-10:00am AND 2:30-4:30pm Chair Aerobics: 10:00am Chair Yoga: 10:30 am	6 Gym: 8-11:00 am	7
8	9 Gym: 8-9:30 am NO FIT 4 LIFE	10 Gym: 7-11:30 am AND 2:30-4:30pm	11 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	12 Gym: 7-10:00am AND 2:30-4:30pm Chair Aerobics: 10:00am Chair Yoga: 10:30 am	13 Gym: 8-11:00 am	14
15	16 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	17 Gym: 7-9:00 am AND 2:30-4:30 pm	18 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	19 Gym: 7-10:00am AND 2:30-4:30pm Chair Aerobics: 10:00am Chair Yoga: 10:30 am	20 Gym: 8-11:00 am	21
22	23 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	24 Gym: 7-9:00 am AND 2:30-4:30 pm	25 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	26 Gym: 7-10:00am AND 2:30-4:30pm Chair Aerobics: 10:00am Chair Yoga: 10:30 am	27 Gym: 8-11:00 am	28
29	30 Gym: 8-11:30 am Fit 4 Life: 10-10:30 am	31 Gym: 7-9:00 am AND 2:30-4:30 pm				

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