



## **SPECIAL FRIENDS TYPICAL ACTIVITIES SCHEDULE**

	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>CHAIR YOGA</b>  <b>CARDIO</b>	<b>CARDIO BALANCE CLASS</b>	<b>FIELD TRIP UTA PLANETARIUM</b>	<b>CARDIO DRUMMING</b>  <b>FREE FRIDAY</b>
	<b>CHAIR YOGA</b>  <b>CARDIO</b>	<b>CARDIO BALANCE CLASS</b>	<b>MARTIAL ARTS STRENGTH TRAINING</b>	<b>CARDIO DRUMMING</b>  <b>FREE FRIDAY</b>
	<b>CHAIR YOGA</b>  <b>CARDIO</b>	<b>CARDIO BALANCE CLASS</b>	<b>MARTIAL ARTS STRENGTH TRAINING</b>	<b>CARDIO DRUMMING</b>  <b>FREE FRIDAY</b>
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