

Aurora Services Class Schedule

11/30/20- 1/22/21

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 8:45	Morning Wisdom	Nicole
9:00 – 10:00	Holiday Hobbies	Ryan
10:00 – 11:00	Get Grounded and Reign in Stress	Kathi
11:00 – 12:00	Body Positivity	Nicole
1:00 – 2:00	Holiday Cheer	Melissa
TUESDAY		
8:15 – 8:45	Morning Wisdom	Ryan
9:00 – 10:00	Manifest Your Best	Nicole
10:00 – 11:00	Cultures and Traditions	Kathi
11:00 – 12:00	“Marvel”ous Me	Ryan
1:00 – 2:00	Recovery Support	Lucas
WEDNESDAY		
8:15 – 8:45	Morning Wisdom	Kathi
9:00 – 10:00	Community Meeting	Melissa
10:00 – 12:00	Creative Expressions	Deanna
1:00 – 2:00	Mandalas and Meditation	Deanna
THURSDAY		
8:15 – 8:45	Morning Wisdom	Melissa
9:00 – 10:00	Namasteigh – Chair Yoga	Ryan
10:00 – 11:00	Holiday Cheer	Nicole
11:00 -12:00	Personal Medicine	Kathi
1:00 – 2:00	Get Cool with Technology	Lucas
FRIDAY		
8:30 – 11:00	Sharpen the Saw	Deanna
11:00 – 12:00	Fun Friday	Staff
12:00 - 1:00	Lunch and Wrap Up	Staff

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