



**FELLOWSHIP**  
**REHAB & WELLNESS**  
Back to Health. Back to Life.

# April 2021

## Live Stream Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
<b>12</b> 8:45-9:30AM Strength & Conditioning  10:30-11AM Perfect Posture	<b>13</b> 10-10:30AM Stretch & Flexibility	<b>14</b> 8:45-9:30AM Strength & Conditioning	<b>15</b> 10-10:30AM Stretch & Flexibility	<b>16</b> 8:45-9:30AM Strength & Conditioning  10:30-11AM Perfect Posture
<b>19</b> 8:45-9:30AM Strength & Conditioning  10:30-11AM Perfect Posture	<b>20</b> 10-10:30AM Stretch & Flexibility	<b>21</b> 8:45-9:30AM Strength & Conditioning	<b>22</b> 10-10:30AM Stretch & Flexibility	<b>23</b> 8:45-9:30AM Strength & Conditioning  10:30-11AM Perfect Posture
<b>26</b> 8:45-9:30AM Strength & Conditioning  10:30-11AM Perfect Posture	<b>27</b> 10-10:30AM Stretch & Flexibility	<b>28</b> 8:45-9:30AM Strength & Conditioning	<b>29</b> 10-10:30AM Stretch & Flexibility	<b>30</b> 8:45-9:30AM Strength & Conditioning