

January 2017

Fort Carson - MASP On-Site Coordinators:

Marc Cattapan | 916-230-3365

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		12		13		7	
		Holiday		PT Yoga Horseback Rding Yoga Stretch		TRX Wheelchair Basketball MTB Cycling Swimming		Gentle Move Yoga		Tai Chi MTB Cycling			
8		9		10		11		12		13		14	
		Spin Seated Volleyball Archery		PT Yoga Yoga Stretch		TRX Wheelchair Basketball MTB Cycling Swimming		Gentle Move Yoga		Tai Chi MTB Cycling			
15		16		17		18		19		20		21	
		Holiday		Horseback Rding		TRX Wheelchair Basketball MTB Cycling Swimming Point Man Bible Study		Meditation 101 Gentle Move Yoga		Tai Chi MTB Cycling			
22		23		24		25		26		27		28	
		Spin Seated Volleyball Archery		PT Yoga Yoga Stretch		TRX Wheelchair Basketball MTB Cycling Swimming		Meditation 101 Gentle Move Yoga		MTB Cycling			
29		30		31									
		Spin Seated Volleyball Archery		PT Yoga Horseback Rding Yoga Stretch									