

November, 2017

Site Coordinators:

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|---|---|---|----------|
| | | | 1 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room 1000 Air Rifle/Pistol Keeler Gym 1300 Archery McChord Sportsman Club 1630 Bowling Bowl Arena Lanes JBLM 1730 Glass Blowing Museum of Glass Tacoma | 2 1330 Lumbar Stabilization Keeler Gym Mat Room | 3 0630 Aquatic Therapy Soldier Fieldhouse 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room | 4 |
| 5 | 6 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room TBD Equine Therapy Rainier Therapeutic Riding | 7 0640 Yoga Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0900 Lumbar Stabilization Keeler Gym Mat Room | 8 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room 1000 Air Rifle/Pistol Keeler Gym 1300 Archery McChord Sportsman Club 1730 Glass Blowing Museum of Glass Tacoma | 9 1330 Lumbar Stabilization Keeler Gym Mat Room | 10 Veterans Day Holiday | 11 |
| 12 | 13 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room TBD Equine Therapy Rainier Therapeutic Riding | 14 0640 Yoga Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0900 Lumbar Stabilization Keeler Gym Mat Room | 15 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room 1000 Air Rifle/Pistol Keeler Gym 1300 Archery McChord Sportsman Club 1630 Bowling Bowl Arena Lanes JBLM 1730 Glass Blowing Museum of Glass Tacoma | 16 1330 Lumbar Stabilization Keeler Gym Mat Room | 17 0630 Aquatic Therapy Soldier Fieldhouse 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room | 18 |
| 19 | 20 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room | 21 0640 Yoga Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0900 Lumbar Stabilization Keeler Gym Mat Room | 22 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room 1000 Air Rifle/Pistol Keeler Gym 1300 Archery McChord Sportsman Club | 23 Thanksgiving Holiday | 24 Thanksgiving Holiday | 25 |
| 26 | 27 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room | 28 0640 Yoga Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0900 Lumbar Stabilization Keeler Gym Mat Room | 29 0630 Aquatic Therapy Keeler Gym 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room 1000 Air Rifle/Pistol Keeler Gym 1300 Archery McChord Sportsman Club 1630 Bowling Bowl Arena Lanes JBLM | 30 1330 Lumbar Stabilization Keeler Gym Mat Room | 0630 Aquatic Therapy Soldier Fieldhouse 0640 Spin Cycling Keeler Gym Cardio Room 0640 Power Stretch Keeler Gym Mat Room | |