JUNE 2021

All classes are FREE & provided by Lanai Community Health Center. Donations are appreciated.
Help us to continue our mission to provide quality healthcare on Lanai.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ALL CLASSES willl be located around the community pool - basketball court, football field, grass area near parking lot	1 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 11AM Sound&Stretch - C.R	2 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 9:30AM WBS - Akiko 5:30PM Zumba - Pua	3 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 11AM Sound&Stretch - C.R	4 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 9:30AM WBS - Akiko	5 8AM Y. TAICHI - HUNG
6	7 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 9:30AM WBS - Akiko 2PM Y. TAICHI - HUNG	8 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 11AM Sound&Stretch - C.R	9 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 9:30AM WBS - Akiko 5:30PM Zumba - Pua	10 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9AM Y. SOCCER - HUNG 11AM Sound&Stretch - C.R	11 **KAMEHAMEHA DAY NO CLASSES**	12 8AM Y. TAICHI - HUNG
13	14 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko 2PM Y. TAICHI - HUNG	15 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 11AM Sound&Stretch - C.R	16 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko 5:30PM Zumba - Pua	17 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 11AM Sound&Stretch - C.R	18 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko	19 8AM Y. TAICHI - HUNG
20	21 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko 2PM Y. TAICHI - HUNG 5PM *Family Fitness Night (soccer)*	22 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 11AM Sound&Stretch - C.R	23 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko 5:30PM Zumba - Pua	24 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 11AM Sound&Stretch - C.R	25 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko	26 8AM Y. TAICHI - HUNG
27	28 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko 2PM Y. TAICHI - HUNG	29 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 11AM Sound&Stretch - C.R	30 6:30AM TBC - Mindy *Zoom 8AM TAICHI - HUNG 9:30AM WBS - Akiko 5:30PM Zumba - Pua	Lānaʻi Community Health Center 565-6919 #LANAIHEALTH		

Just Get Up and

ZOOM MEETINGS #S

MORNING TBC
958 - 7384 - 9312

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