

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9 am Meditation Reset

2 pm Yoga for Any Body

5 pm Mindfulness

6 pm Southern Cravings
Cooking Class

1

9 am Stretching and
Strengthening

11:30 am QiGong

12:30 pm Lunch Laughs

4:30 pm Teen Talk

6:30 pm Support Groups

2

9 am Meditation Reset

11 am Zumba Gold

1 pm Flying Solo—Bereaved

2 pm Yoga for Any Body

4 pm Gilda's Game of Games

6 pm Let's Get Fiscal

6 pm Doodle Camp

3

9 am Stretching and
Strengthening

10 am Fitness with Alison

12:30 pm Lunch Laughs

1 pm Breathe and Receive

6:30 pm Beyond Cancer

8:15 pm Bedtime Yoga

4

9 am Meditation Reset

11 am The Artist in You
Show and Tell

12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Any Body

5

9:30 am Slow Flow Yoga
10:30 am REFIT

6

9 am Meditation Reset

12:30 pm Bingo

2 pm Yoga for Any Body

6 pm Carnival Kitchen: Mardi
Gras Flavors at Home

6:30 pm Breast Cancer
Networking and Gynecologic
Cancer Networking

8

9 am Stretching and
Strengthening

11:30 am QiGong

12:30 pm Lunch Laughs

4:30 pm Teen Talk

6:30 pm Support Groups

9

9 am Meditation Reset

11 am Zumba Gold

12 pm Meditation Using the
Reiki Energy Body

1 pm Flying Solo—Active Cancer

2 pm Yoga for Any Body

4 pm Living Beyond

6 pm Let's Talk About Sex...
After Cancer

10

9 am Stretching and
Strengthening

10 am Fitness with Alison

12:30 pm Lunch Laughs

1 pm Breathe and Receive

6 pm Writing from Life

6 pm Black History Month at
Gilda's for Adults

6:30 pm Living through Loss

8:15 pm Bedtime Yoga

11

9 am Meditation Reset

11 am The Artist in You
Show and Tell

12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Any Body

6:30 pm Mardi Gras
Toasts and Traditions

12

9:30 am Slow Flow Yoga
10:30 am REFIT

11 am Black History Month at
Gilda's for Youth

13

9 am Meditation Reset

2 pm Yoga for Any Body

5 pm Mindfulness

6 pm Writing with Pam Platt

6 pm Mask Making and
Float Design

6 pm Southern Cravings
Cooking Class

15

9 am Stretching and
Strengthening

11:30 am QiGong

12:30 pm Lunch Laughs

4:30 pm Teen Talk

6:30 pm Support Groups

16

9 am Meditation Reset

11 am Zumba Gold

1 pm Flying Solo—Bereaved

2 pm Yoga for Any Body

2:30 pm Book Nook

6 pm Doodle Camp

17

9 am Stretching and
Strengthening

10 am Fitness with Alison

12:30 pm Lunch Laughs

1 pm Breathe and Receive

6:30 pm Beyond Cancer

8:15 pm Bedtime Yoga

18

9 am Meditation Reset

11 am The Artist in You
Show and Tell

12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Any Body

6 pm At Home Date
Night Ideas

19

9:30 am Slow Flow Yoga
10:30 am REFIT

20

9 am Meditation Reset

2 pm Yoga for Any Body

22

9 am Stretching and
Strengthening

11:30 am QiGong

12:30 pm Lunch Laughs

4:30 pm Teen Talk

6:30 pm Support Groups

23

9 am Meditation Reset

11 am Zumba Gold

12 pm Meditation Using the
Reiki Energy Body

1 pm Flying Solo—Active Cancer

2 pm Yoga for Any Body

6:30 pm Networking
Groups

24

9 am Stretching and
Strengthening

10 am Fitness with Alison

12:30 pm Lunch Laughs

1 pm Breathe and Receive

6:30 pm Living through Loss

8:15 pm Bedtime Yoga

25

9 am Meditation Reset

11 am The Artist in You
Show and Tell

12 pm Hablo un Poco [Intro
to Spanish]

2 pm Yoga for Any Body

26

9:30 am Slow Flow Yoga
10:30 am REFIT

27