

## FALL 2024 Class Schedule:

AUG 5 - AUG 22 | AUG 26 - SEPT 13 | SEPT 16 - OCT 3 OCT 14 - OCT 31 | NOV 4 - NOV 21 | DEC 2 - DEC 19

## Monday/Wednesday:

11:00 - 11:30am, 11:30am - 12:00pm

12:00 - 12:30pm, 12:30 - 1:00pm

## Tuesday/Thursday:

11:00 - 11:30am, 11:30am - 12:00pm

12:00 - 12:30pm, 12:30 - 1:00pm

5:45 - 6:15pm, 6:15 - 6:45pm

6:45 - 7:15pm, 7:15 - 7:45pm

\*ALL CLASSES, MAX OF 5 PARTICIPANTS



270.762.1348 www.MCCHwellness.com

716 Poplar Street Murray, KY