

Apedag Ki: Weekly Wellness Schedule:



For information or sign-up for monthly events contact:

Drew Harris Dharris@tocc.edu or Alohilani Felix Afelix@tocc.edu

Monday

Open 6am-6pm

**Group Circuit Training
(Morning) 6:30am-7:15am**

**Group Circuit Training
(Evening) 12:00pm-12:45pm**

Tuesday

Open 6am-6pm

Step Class 5:15pm-6:00pm

Wednesday

Open 6am-6pm

**HITT Training (Morning)
6:30am-7:30am**

**HITT Training (Evening)
5:00pm-6:00pm**

Thursday

Open 6am-6pm

**Circl Mobility
12:00pm-1:00pm**

**Cardio Boxing
5:00pm-5:45pm**

Friday

**AcuWellness
12:00pm-1:30pm**

Open 6am-2pm

Saturday

Open 6am-2pm

Monthly Events

Massage Therapy Three Sisters Wellness- Sign-up required

Last Tuesday of each month. 12pm-4pm

Wellness Through Art- Last Monday of each month.

Sign-up required