



Parkinson’s Center of Connecticut

Program Calendar

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 8:30am Beat PD (Janice) | 9:00am Yoga Bronze (Linda) |  |  |  | 8:00am  Cycle  (TBD-2x/month)  (Michelle) |
| 9:30am Cycling  **(Sue)** | 10:00am Beat PD  Silver  (Sue) | 10:00am Beat PD Beginner (Sarah) | 10:00am Beat PD Silver (Janice) |  | 9:00am Beat PD Silver (Michelle) |
| 10:30am Yoga Bronze  (Sue) | 11:00am Cycling  **(Sue)** |  | 11:00am Beat PD-Bronze (Janice) |  | 10:00am Beat PD Begin/Bron (Michelle) |
|  |  |  |  |  |  |
|  | 6:00pm  Beat PD  (Sarah) |  |  |  |  |

**November**

**2019**