



Parkinson’s Center of Connecticut

Program Calendar

**October 2019**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 8:00am Beat PD (Janice) | 9:00am Beat PD (Sue) |  |  |  |  |
|  | 10:15am Cycling  **(Sue)** |  | 10:00am Beat PD Silver (Janice) |  | 9:00am Beat PD Silver (TBD) |
|  | 11:30am Yoga Bronze (Linda) | 2:00pm Beat PD (Michelle)  Pre-registration needed | 11:00am Beat PD-Bronze (Janice) |  | 10:15am Beat PD Begin/Bron (TBD) |
|  | 5:15pm Cycling  **(Donna)** | 6:00pm Cycling  **(Sue)** |  | 2:00pm Yoga Core Silver (Sue) |  |
|  |  |  | 3:00pm Yoga Nidra (Linda) | 3:00pm Cycling  (Sue) |  |