

# THRIVE MEMPHIS

# JANUARY



Monday	Tuesday	Wednesday	Thursday
4  <b>THRIVE</b> Memphis Closed (Winter Break)	5 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	6 9:30 Here and Now Huddle 10:00 Yoga / Stretch  10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	7 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time
11 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	12 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	13 9:30 Here and Now Huddle 10:00 Yoga / Stretch  10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	14 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time
18  <b>THRIVE</b> Memphis Closed (MLK Day)	19 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	20 9:30 Here and Now Huddle 10:00 Yoga / Stretch  10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	21 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time
25 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	26 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	27 9:30 Here and Now Huddle 10:00 Yoga / Stretch  10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time	28 9:30 Here and Now Huddle 10:00 Yoga / Stretch 10:45 Outside / Mask Break 11:15 Group Activity 12:00 Lunch 1:00 Group Activity  2:30 Outside / Mask Break 3:00 Free Time