

September 2024 Alumnae and Outpatient Program Group Schedule

All groups will be held in the Peacock room at The Haven IOP building located at 2601 N Campbell suite 107, unless otherwise noted. Shawna, the Alumni Coordinator, can be reached at, 520.833.3277 with any questions or RSVP's.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOR DAY OFFICES CLOSED	3	4	5 5pm-6pm OPEN DISCUSSION/SUPPORT CIRCLE	6	7
8	9 3pm-4pm MINDFUL MONDAY YOGA AND RELAXATION	10	11	12 5pm-6pm MUSIC APPRECIATION BRING YOUR FAVORITE SONGS TO SHARE	13	14
15	16 3pm-4pm MINDFUL MONDAY YOGA AND RELAXATION	17	18	19 5pm-6pm ZUMBA	20	21
22	23 3pm-4pm MINDFUL MONDAY YOGA AND RELAXATION	24	25	26 5pm-6pm OPEN DISCUSSION/SUPPORT CIRCLE	27	28
29	30 3pm-4pm MINDFUL MONDAY YOGA AND RELAXATION					