

Class begins at:	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	<h1>September Alumni & Discovery Classes</h1> <p>All activities are at Camp Wellness unless otherwise noted. Building hours are 8:30-3:30 Monday-Friday/Wednesdays 8:30-1:30. Schedule is subject to change. Located at 1030 N. Alvernon Way, Tucson, AZ 85711, ph#520-621-7473, www.campwellness.org</p>			 	
10:00					
11:00					
1:00					
2:00					
	9/2	9/3	9/4	9/5	9/6
9:00	Camp is Closed	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00		Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00		Nutrition & Lunch	Wellness Workout & Lunch	Occupational Dimension & Lunch	Tool Time & Lunch
1:00		Wellness Practices		Spiritual Dimension	Social Activity
2:00		Social Activity		Computer Skills	Art of Wellness
	9/9	9/10	9/11	9/12	9/13
9:00	Move to Soothe	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Coffee Talk	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Financial Dimension & Lunch	Nutrition & Lunch	Wellness Workout & Lunch	Occupational Dimension & Lunch	Tool Time & Lunch
1:00	Health Ed	SMART		Spiritual Dimension	Social Activity
2:00	Computer Skills	Social Activity		Computer Skills	Art of Wellness
	9/16	9/17	9/18	9/19	9/20
9:00	Coffee Talk	9:15 Tabata Time!	Temporal Flux or Move to Soothe	Wellness Workout	Dance of Wellness or Digging Wellness
10:00	Move to Soothe	Cooking Skills	Cooking Skills	Cooking Skills	Talking Circle
11:00	Financial Dimension & Lunch	Nutrition & Lunch	Wellness Workout & Lunch	Occupational Dimension & Lunch	Tool Time & Lunch
1:00	Health Ed	SMART		Spiritual Dimension	Social Activity
2:00	Computer Skills	Social Activity		Computer Skills	Art of Wellness
	9/23 & 9/30	9/24	9/25	9/26	9/27
9:00	Coffee Talk	9:15 Tabata Time!	<p>Make it a</p> <h1>september</h1> <p>TO REMEMBER</p> <p>Retreat!</p>		
10:00	Move to Soothe/ Cooking Skills	Cooking Skills			
11:00	Financial Dimension & Lunch	<p>September to Remember Retreat!</p>			
1:00	Health Ed				
2:00	Computer Skills				
3:00					
4:00					
5:00					