

2023 May

KOTA wellness x



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 	01 7:00 PM <b>Bootcamp</b> Coco Meet in Gym	02	03 7:00 PM <b>Yoga</b> Saleha Meet in Gym	04	05	06
07	08 7:00 PM <b>Bootcamp</b> Coco Meet in Gym	09	10 7:00 PM <b>Yoga</b> Saleha Meet in Gym	11	12	13
14	15 7:00 PM <b>Bootcamp</b> Coco Meet in Gym	16	17 7:00 PM <b>Yoga</b> Saleha Meet in Gym	18	19	20
21	22 7:00 PM <b>Bootcamp</b> Coco Meet in Gym	23	24 7:00 PM <b>Yoga</b> Saleha Meet in Gym	25	26	27
28	29 <b>MEMORIAL DAY NO CLASSES</b>	30	31 7:00 PM <b>Yoga</b> Saleha Meet in Gym	01	02	03

Classes are held in the Gym in Bldg 1. For more information, use the QR code or email [emily@kotawellness.com](mailto:emily@kotawellness.com)