

SUN	MON	TUE	WED	THU	FRI	SAT
<div>*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</div>	<div>1</div> <div>5 pm Meditation In Center Only</div>	<div>2</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6 pm Yoga</div>	<div>3</div> <div>10 am Chair Yoga</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>4</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>11 am Support Group LMD</div> <div>5 pm Functional Fitness</div>	<div>5</div> <div>10 am Foundation Training</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div>	<div>6</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div> <div>11:00 am Infinite Strength Panel*</div> <div></div>
<div>7</div> <div>*Infinite Strength event is open for all, use QR code to register</div>	<div>8</div> <div>5 pm Meditation In Center Only</div>	<div>9</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6 pm Yoga</div> <div>7 pm Support Group BCS/DE</div>	<div>10</div> <div>10 am Chair Yoga</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>11</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>5 pm Functional Fitness</div>	<div>12</div> <div>10 am Foundation Training</div> <div>11 am Sound Meditation</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div> <div>4:30 - 6 pm Art Therapy Open House</div>	<div>13</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div>
<div>14</div>	<div>15</div> <div>5 pm Meditation Virtual Only</div>	<div>16</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6 pm Yoga</div> <div>6:30 pm Support Group BCS/DE</div>	<div>17</div> <div>10 am Chair Plus Yoga</div> <div>5 pm Book Club: Comfort and Joy by Kristin Hannah</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>18</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>11 am Support Group LMD</div> <div>5 pm Functional Fitness</div> <div>6 pm Nutrition</div>	<div>19</div> <div>10 am Foundation Training</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div>	<div>20</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div>
<div>21</div>	<div>22</div>	<div>23</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div>	<div>24</div> <div>Center Closed</div>	<div>25</div> <div>Center Closed</div>	<div>26</div> <div>Center Closed</div>	<div>27</div> <div>Center Closed</div>
<div>28</div>	<div>29</div> <div>Center Closed</div>	<div>30</div> <div>Center Closed</div>	<div>31</div> <div>Center Closed</div>	<div>1</div> <div>Center Closed</div>	<div>2</div> <div>Center Closed</div>	<div>3</div> <div>Center Closed</div>
<div>Registration Required*~Reserve your spot~</div> <div>THRIVEwellnessCT.org or call 203.590.4044</div> <div>*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</div> <div></div>				<div>Light Blue Classes = Hybrid Class (Join in the center or on Zoom)</div> <div>FREE for members \$25/month or \$10/Day Pass</div>		