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| **FEBRUARY** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **1**  6:45am – 10:45am  1:30pm – 5:30pm  5:30PM – Bulletproof Your Body | **2**  6:45am – 8:45am  4:00pm – 6:00pm | **3**  6:45am – 10:45am  1:30pm – 5:30pm | **4**  6:45am – 10:45am  **Team Training** | **5**  **OFFICE CLOSED** | **6** |
| **7** | **8**  1:30pm – 5:30pm | **9**  6:45am – 8:45am  4:00pm – 6:00pm | **10**  6:45am – 10:45am  1:30pm – 5:30pm  **HAPPY BIRTHDAY ANGEL!**  5:30PM – Live An Active Life With Healthy Feet | **11**  6:45am – 10:45am  1:30pm – 5:30pm | **12**  6:45am – 8:45am | **13** |
| **14** | **15**  **6:45am – 10:45am**  **1:30pm – 5:30pm**  ***Patient Appreciation Day*** | **16**  6:45am – 8:45am  4:00pm – 6:00pm | **17**  6:45am – 10:45am  1:30pm – 5:30pm  5:30PM – Lifestyle Nutrition For Heart Health | **18**  6:45am – 10:45am  1:30pm – 5:30pm | **19**  6:45am – 8:45am | **20** |
| **21**  **Dr. Jilian on Vacation** | **22**  6:45am – 10:45am  1:30pm – 5:30pm  ***Angel out*** | **23**  6:45am – 8:45am  4:00pm – 6:00pm | **24**  6:45am – 10:45am  1:30pm – 5:30pm  **HAPPY BIRTHDAY BRIANNA!**  5:30PM – Brain Health | **25**  6:45am – 10:45am  1:30pm – 5:30pm | **26**  6:45am – 8:45am | **27** |
| **28** |  |  |  |  |  |  |