



Images of Hope El Dorado Classes - May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>Cathie's Paint Party</i> 1 pm – 3 pm	<i>Mindful Movement</i> 12 pm – 1:15 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	<i>Knitting</i> 10 am – 12 pm	
5	6	<i>FUNdamental Pilates</i> 11:45 am – 12:45 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	8	<i>Mindful Movement</i> 12 pm – 1:15 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	<i>Knitting</i> 10 am – 12 pm	11
12	13	<i>FUNdamental Pilates</i> 11:45 am – 12:45 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	<i>Wonderful Watercolor</i> 2 pm – 4 pm	<i>Mindful Movement</i> 12 pm – 1:15 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	<i>Knitting</i> 10 am – 12 pm	18
19	20	<i>FUNdamental Pilates</i> 11:45 am – 12:45 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm <i>Cathie's Paint Party</i> 1 pm – 3 pm	22	<i>Mindful Movement</i> 12 pm – 1:15 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	<i>Knitting</i> 10 am – 12 pm <i>Mixed Media</i> 3 pm – 5 pm	25
26	27	<i>FUNdamental Pilates</i> 11:45 am – 12:45 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	29	<i>Mindful Movement</i> 12 pm – 1:15 pm <i>Intermediate Pilates</i> 1:30 pm – 2:30 pm	<i>Knitting</i> 10 am – 12 pm	

Music in the Marshall Cancer Resource Center's Infusion Center provided by Images of Hope
 Tranquil Journeys classes available all month on YouTube
imagesofhopeeldorado.org