

January 2019

Theme: Generosity



Picture Caption

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Start January Health Challenge	8 NYCP Weekday Classes Resume	9	10 Tae Kwon Do- 6:45p	11	12
13	14	15 Tae Kwon Do- 6:45p	16	17 Tae Kwon Do- 6:45p	18	19 NO NYCP Fitness Classes
20 8 th College and Career Class	21	22 Tae Kwon Do- 6:45p	23	24 Tae Kwon Do- 6:45p	25	26
27 7 th College and Career Class	28	29 Tae Kwon Do- 6:45p	30	31 End January Health Challenge	1 Health Challenge Trackers Due by 4pm	
Fitness Training Mon, Tue, Th Pod C- 7:30p Pod D- 8p	Fitness Training Mon, Tue, Th Pod A and B- 8:30pm	Fitness Training Fri, Sat, Sun Open Gym, listen for announcement				

Tuesday- 6th

Boys: 4-4:55p

Girls: 5-5:55p

Wednesday- 7th

Boys: 4-4:55p

Girls: 5-5:55p

Thursday- 8th

Boys: 4-4:55p

Girls: 5-5:55p

Friday- 4-5th

Boys and Girls:

3:30-4:30p

Sat & Sun Fitness

Pod C: 11:15a

Pod D: 12:25p

Pod A: 1:35p

Pod B: 2:45p

STEAM Classes

Saturdays- see Mr. Ruck for schedules and classes.

Cooking Classes

See kitchen staff for schedule.