

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SANDIA CENTER SPA & WINTER HOURS Monday - Thursday 6am - 7pm Friday 6am - 8pm Saturday - Sunday 7am - 6pm Phone: 445-6304 Calendar Subject to Change						1
Running Group 9:00 Buddhist Meditation Group (Zoom) 9:00 Mixed Level Yoga 10:00 Hand & Foot 12:00 Golf 1:00 tee time Ladera Golf Course	Hatha Yoga 7:30 Slow Flow Yoga 9:00 Finance Cmte 9:00 Bocce Ball 9:30 Pickleball 10:00 Tai Chi 11:00 Intro to Pickleball 12:00 Ladies Poker 12:30 Men's Poker 12:30 Bridge 12:30 Yoga for Arthritis 1:00 Square Dancing 3:00 Turnover Group 4:00	Regular Yoga 9:15 Painting 9:30 Walking Group 10:00 Tennis 10:00 Gentle Yoga 10:30 Bridge 12:30 Chinese Mah Jongg 5:00	Hatha Yoga 7:30 Pickleball 10:00 Tai Chi 11:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 4:00 Rummikub 4:30 Meet the Candidates 5:30 (Zoom)	Running Group 9:00 Regular Yoga 9:15 Tennis 10:00 Pickleball Skills & Drills 10:00 Gentle Yoga 10:30 Mexican Train 12:30 Cornhole 12:30 Zumba 4:00	Yoga/Pilates 8:30 Bocce Ball 9:30 Tennis 10:00 Pickleball 10:00 Walking Group 10:00 Tai Chi 11:00 Hand & Foot 12:30 Chess Group 1:00 Happy Hour 4:30	8
Running Group 9:00 Buddhist Meditation Group (Zoom) 9:00 Mixed Level Yoga 10:00 Hand & Foot 12:00 Acoustic Jam 1:00 Golf 1:00 tee time Ladera Golf Course	Hatha Yoga 7:30 Slow Flow Yoga 9:00 Bocce Ball 9:30 Pickleball 10:00 Tai Chi 11:00 Board of Dir. 11:00 (Zoom) Intro to Pickleball 12:00 Ladies Poker 12:30 Men's Poker 12:30 Bridge 12:30 Yoga for Arthritis 1:00 Square Dancing 3:00 MGB Planning Committee Mtg 4:00	Regular Yoga 9:15 Painting 9:30 Conservative Group 10:00 Tennis 10:00 Video Group 10:00 Walking Group 10:00 Gentle Yoga 10:30 Bridge 12:30 Chinese Mah Jongg 5:00	Hatha Yoga 7:30 Landscape & Trails 9:00 Pickleball 10:00 Tai Chi 11:00 Jewish Group 11:00 Catholic Group 11:00 (Zoom) Craft Beer Group 12:00 Sobremesa American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 4:00 Rummykub 4:30	Running Grp 9:00 Regular Yoga 9:15 ARC Meeting 10:00 Tennis 10:00 Gentle Yoga 10:30 Fitness Equipment Orientation 11:30 Lunch & Learn with Sunstate Solar 11:30 Mexican Train 12:30 Cornhole 12:30 Zumba 4:00	Yoga/Pilates 8:30 Bocce Ball 9:30 Pickleball 10:00 Tennis 10:00 Walking Group 10:00 Tai Chi 11:00 Hand & Foot 12:30 Chess Group 1:00 Happy Hour 4:30	15
Running Group 9:00 Buddhist Meditation Group (Zoom) 9:00 Mixed Level Yoga 10:00 Hand & Foot 12:00 Golf 1:00 tee time Ladera Golf Course Live Music 4:00 Charcuterie Boards	Hatha Yoga 7:30 Bocce Ball 9:30 Pickleball 10:00 Writer's Group 10:00 Tai Chi 11:00 Intro to Pickleball 12:00 Ladies Poker 12:30 Men's Poker 12:30 Bridge 12:30 Square Dancing 3:00 Book Club 5:30	Regular Yoga 9:15 Painting 9:30 Tennis 10:00 Walking Group 10:00 Video Group 10:00 Gentle Yoga 10:30 Bridge 12:30 Essential Oils 3:00 Chinese Mah Jongg 5:00	Hatha Yoga 7:30 Pickleball 10:00 Tai Chi 11:00 Women's Lunch 11:30 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 4:00 Wine Tasting 7:00	Running Group 9:00 Regular Yoga 9:15 Pickleball Skills & Drills 10:00 Tennis 10:00 Gentle Yoga 10:30 Men's Lunch 11:30 Mexican Train 12:30 Cornhole 12:30 Zumba 4:00 ART Talk 4:00	Yoga/Pilates 8:30 Bocce Ball 9:30 Pickleball 10:00 Tennis 10:00 Walking Group 10:00 Tai Chi 11:00 Happy Hour 4:30	22
Running Group 9:00 Buddhist Meditation Group (Zoom) 9:00 Mixed Level Yoga 10:00 Hand & Foot 12:00 Golf 1:00 tee time Ladera Golf Course	Hatha Yoga 7:30 Slow Flow Yoga 9:00 Finance Cmte 9:00 Bocce Ball 9:30 Pickleball 10:00 Tai Chi 11:00 Intro to Pickleball 12:00 Ladies Poker 12:30 Men's Poker 12:30 Bridge 12:30 Yoga for Arthritis 1:00 Square Dancing 3:00 Grief Support 4:00	Regular Yoga 9:15 Painting 9:30 Walking Group 10:00 Tennis 10:00 Gentle Yoga 10:30 Bridge 12:30 Chinese Mah Jongg 5:00 Poetry Group 5:30	Hatha Yoga 7:30 Painting Class 10:00 Pickleball 10:00 Tai Chi 11:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 4:00	Running Group 9:00 Regular Yoga 9:15 ARC Meeting 10:00 Tennis 10:00 Gentle Yoga 10:30 Mexican Train 12:30 Cornhole 12:30 Zumba 4:00	Yoga/Pilates 8:30 Bocce Ball 9:30 Pickleball 10:00 Tennis 10:00 Walking Group 10:00 Tai Chi 11:00 Happy Hour 4:30	29
Running Group 9:00 Buddhist Meditation Group (Zoom) 9:00 Mixed Level Yoga 10:00 Hand & Foot 12:00 Golf 1:00 tee time Ladera Golf Course	Hatha Yoga 7:30 Slow Flow Yoga 9:00 Bocce Ball 9:30 Pickleball 10:00 Tai Chi 11:00 Intro to Pickleball 12:00 Ladies Poker 12:30 Men's Poker 12:30 Bridge 12:30 Yoga for Arthritis 1:00 Square Dancing 3:00	Regular Yoga 9:15 Painting 9:30 Walking Group 10:00 Tennis 10:00 Gentle Yoga 10:30 Bridge 12:30 Chinese Mah Jongg 5:00	Hatha Yoga 7:30 Painting Class 10:00 Pickleball 10:00 Tai Chi 11:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 4:00	Running Group 9:00 Regular Yoga 9:15 ARC Meeting 10:00 Tennis 10:00 Gentle Yoga 10:30 Mexican Train 12:30 Cornhole 12:30 Zumba 4:00	Yoga/Pilates 8:30 Bocce Ball 9:30 Pickleball 10:00 Tennis 10:00 Walking Group 10:00 Tai Chi 11:00 Happy Hour 4:30	30
Running Group 9:00 Buddhist Meditation Group (Zoom) 9:00 Mixed Level Yoga 10:00 Hand & Foot 12:00 Golf 1:00 tee time Ladera Golf Course	Hatha Yoga 7:30 Slow Flow Yoga 9:00 Bocce Ball 9:30 Pickleball 10:00 Tai Chi 11:00 Intro to Pickleball 12:00 Ladies Poker 12:30 Men's Poker 12:30 Bridge 12:30 Yoga for Arthritis 1:00 Square Dancing 3:00	Regular Yoga 9:15 Painting 9:30 Walking Group 10:00 Tennis 10:00 Gentle Yoga 10:30 Bridge 12:30 Chinese Mah Jongg 5:00	Hatha Yoga 7:30 Painting Class 10:00 Pickleball 10:00 Tai Chi 11:00 American Mah Jongg 12:30 Poker 12:30 Fiber Crafts 4:00	Running Group 9:00 Regular Yoga 9:15 ARC Meeting 10:00 Tennis 10:00 Gentle Yoga 10:30 Mexican Train 12:30 Cornhole 12:30 Zumba 4:00	Great Room Manzano Room Cottonwood Room Movement Room Outside/Patio/Pool Sports Court Fitness Room/Gym Off Site	31