

Vacaville Medical Center
Chronic Pain Class Schedule - February 2020

Monday	Tuesday	Wednesday	Thursday
February 3	February 4	February 5	February 6
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Introductory - (H1A 3)	10:15 a.m. - 11:15 a.m. - Mind/Body - (H1A)	10 a.m. - 11:30 a.m. - Intro - (H1A 5)
11:30 a.m. - 12:30 p.m. - Mindfulness - (H1A)		11:30 a.m. - 12:30 p.m. - Fitness Training - (H1A)	
1:45 p.m. - 3:15 p.m. - MD Overview - (H1A)	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)	4:30 p.m. - 6 p.m. - Introductory - (H1A 2)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4 p.m. - 6:30 p.m. - Peer - (9)	4:30 p.m. - 5:30 p.m. - Fitness Training - (H1A)	6 p.m. - 7:30 p.m. - Nutrition - (H1A)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
February 10	February 11	February 12	February 13
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Introductory - (H1A 4)	10:15 a.m. - 11:15 a.m. - Mind/Body - (H1A)	10 a.m. - 11:30 a.m. - Intro - (H1A 1)
11:30 a.m. - 12:30 p.m. - Mindfulness - (H1A)		11:30 a.m. - 12:30 p.m. - Fitness Training - (H1A)	
1:45 p.m. - 3:15 p.m. - MD Overview - (H1A)	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)	4:30 p.m. - 6 p.m. - Introductory - (H1A 3)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4 p.m. - 6:30 p.m.	4:30 p.m. - 5:30 p.m. - Fitness Training - (H1A)	6 p.m. - 7:30 p.m. - Self Mobility - (H1A)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
February 17	February 18	February 19	February 20
10:30 a.m. - 11:30 p.m. - No Class	10 a.m. - 11:30 a.m. - Introductory - (H1A 5)	10:30 a.m. - 11:30 a.m. - No Class	10 a.m. - 11:30 a.m. - Intro - H1A (2)
11:30 a.m. - 12:30 p.m. - No Class		11:30 a.m. - 12:30 p.m. - Fitness Training - (H1A)	
1:30 p.m. - 3 p.m. - No Class	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)	4:30 p.m. - 6 p.m. - Introductory - (4)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4:30 p.m. - 6:30 p.m. - No Class	4:30 p.m. - 5:30 p.m. - Fitness Training - (H1A)	6 p.m. - 7:30 p.m. - Self Mobility - (1 & 2)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
February 24	February 25	February 26	February 27
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Introductory - (H1A 1)	10:30 a.m. - 11:30 a.m. - Mind/Body - (H1A)	10 a.m. - 11:30 a.m. - Intro - (H1A 3)
11:30 a.m. - 12:30 p.m. - Mindfulness - (H1A)		11:30 a.m. - 12:30 p.m. - Fitness Training - (H1A)	
1:45 p.m. - 3:15 p.m. - MD Overview - (H1A)	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)	4:30 p.m. - 6 p.m. - Introductory - (5)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4 p.m. - 6:30 p.m. - Peer - (9)	4:30 p.m. - 5:30 p.m. - Fitness Training - (H1A)	6 p.m. - 7:30 p.m. - Self Mobility - (1 & 2)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
			*REV: 01/22/2020