

Vacaville Medical Center
Chronic Pain Class Schedule - March 2020

Monday	Tuesday	Wednesday	Thursday
March 2	March 3	March 4	March 5
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Introductory - (H1A 2)	10:15 a.m. - 11:15 a.m. - Mind/Body - (H1A)	10 a.m. - 11:30 a.m. - Intro - (H1A 4)
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. - Skip Class	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4:30 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. - Advanced Tai Chi - (H1A)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
March 9	March 10	March 11	March 12
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Skip Class	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. - No Class	4:30 p.m. - 6 p.m. - Introductory - (H1A 1)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4:30 p.m. - 6:30 p.m.	4:30 p.m. - 5:30 p.m. - No Class	6 p.m. - 7:30 p.m. - Advanced Tai Chi - (H1A)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
March 16	March 17	March 18	March 19
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Introductory - (H1A 3)	10:30 a.m. - 11:30 a.m. - No Class	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 p.m. - MD Overview - (H1A)	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)	4:30 p.m. - 6 p.m. - Introductory - 1&2 (2)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4:30 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. - Advanced Tai Chi - (1 & 2)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
March 23	March 24	March 25	March 26
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 2)
11:30 a.m. - 12:30 p.m. - Mindfulness - (H1A)		11:30 a.m. - 12:30 p.m. - No Class	
1:45 p.m. - 3 p.m. - MD Overview - (H1A)	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)	4:30 p.m. - 6 p.m. - Introductory - 1&2 (3)	3:30 - 4:30 p.m. - Mind/Body - (H1A)
4:30 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. - Advanced Tai Chi - (H1A)	4:30 - 5:30 p.m. - TAI CHI - (H1A)
March 30	March 31		
10:30 a.m. - 11:30 p.m. - Body Mechanics - (H1A)	10 a.m. - 11:30 a.m. - Introductory - (H1A 5)		
11:30 a.m. - 12:30 p.m. - Mindfulness - (H1A)			
1:45 p.m. - 3 p.m. - MD Overview - (H1A)	3:30 p.m. - 4:30 p.m. - Body Mechanics - (H1A)		
4:30 p.m. - 6:30 p.m. - Peer - (9)	4:30 p.m. - 5:30 p.m. - Fitness Training - (H1A)		
			*REV: 02/03/2020