



Healthy by Kiona

2010 Calendar

JANUARY

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

MARCH

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

APRIL

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JUNE

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20	21	22	23	24	25	26
27	28	29	30			

JULY

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

OCTOBER

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

See you Jan 2011!

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|---|--|---|--|
| # | Timonium, MD Weekly Classes | # | Rockville, MD Weekly Classes |
| # | White Marsh, MD Weekend Clinics | # | Montgomery County, MD Weekend Clinics |
| # | Frederick County, MD Weekend Clinics | # | Falls Church, VA Weekly Classes |
| # | Laurel, MD Weekly Classes | # | Falls Church, VA Weekend Clinics |
| # | Laurel, MD Weekend Clinics | # | Central, VA Weekend Clinics |
| # | Columbia/Elicott City, MD Weekly Classes | # | Harford County, MD Clinics |
| # | Intro Lecture contact me for details | # | Odenton, MD Weekend Clinics |
| # | Healthy Happy Hours | # | Eldersburg, MD Weekly Classes |
| # | Other Events Featuring HBK | # | UNAVAILABLE for Classes, call about Privates |

**** Subject to Change closer to Clinic Dates, please call or e-mail to confirm!**