

Spirit Week

Week of: April 20

	EIM 4/20	NCC 4/21	EIM 4/22	NWI 4/23	EIM 4/24	NCC 4/25	Community Shoutouts/ NWI 4/26
	MONDAY	TUESDAY	WENESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM			T.H.R.I.V.E. Tip		T.H.R.I.V.E. Tip		
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Upper Body Workout with Kourtney/ NCC Netflix Party: In Defense of Food	Active Recovery Dave	Live Workout with Arianne	Active Recovery With Katlyn	Lower Body Workout with Vito		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM		Healthy Cooking Tip				Easy & Healthy Recipe	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	Fill-in-the-Gap Announcement post		Fill-in-the-Gap Live Zoom Session		Zoom Mini Clinic with Doctor of Chiropractics/Performance Leland Snaider		
8:30 PM-Later				---	---		