

Class Schedule 2018 January through April

Here are the dates/times for the next 4 months of group class sessions. A class consists of 3-3 hour sessions. Individual sessions are also available and preferred prior to participation in the group sessions.

Pre-registration is strongly encouraged to assure we have adequate space and materials for the participants.

Reservations may be made by calling 410-749-8401, option 5 or by e-mail at: john@appledrugs.com

Evening classes-Tuesdays 5-8 PM

January 9,16,23
February 6,13,20
March 13,20,27
April 10,17,24

Day Afternoon 1-4 PM Wednesdays

January 10,17,24
February 7,14,21
March 14,21,28
April 11,18,25