

MAY 2026

ACTIVATED WELLNESS SHELTER ISLAND HEIGHTS SEMI-PRIVATE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	1	2 815am 930am
3 815am 930am	4	5	6	⑦ 815am 930am	8	9 815am 930am
10 815am 930am	11	12	13	14 815am 930am	15	16 815am 930am
17 815am 930am	⑱	19	20	21 815am 930am	22	23 815am 930am
24 815am 930am	25	26	27	28 815am 930am	29	⑳ 815am 930am
31 815am 930am	1	2	3	4	5	6  ActivatedWellness MIND. BODY. SOUL.

JUNE 2026

ACTIVATED WELLNESS SHELTER ISLAND HEIGHTS SEMI-PRIVATE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4 815am 930am	⑤	6 815am 930am
7 815am 930am	8	⑨	10	11 815am 930am	12	13 815am 930am
14 815am 930am	15	16 815am 930am	17	18 815am 930am	19	20
⑪	22	23	24	25 815am 930am	26	27 815am 930am
28 815am 930am	29	30 7am 815am 930am	1	2	3	4  ActivatedWellness MIND. BODY. SOUL.

JULY 2026

ACTIVATED WELLNESS SHELTER ISLAND HEIGHTS SEMI-PRIVATE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2 7am 815am 930am	③	4
5	6	⑦ 7am 815am 930am	8	9 7am 815am 930am	10	11 815am 930am
12 815am 930am	13	14	15	16 7am 815am 930am	17	18 815am 930am
①⑨ 815am 930am	20	21 7am 815am 930am	22	23 7am 815am 930am	24	25 815am 930am
26 815am 930am	27	28	29	30 7am 815am 930am	31	1 

AUGUST 2026

ACTIVATED WELLNESS
SHELTER ISLAND HEIGHTS
SEMI-PRIVATE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1 815am 930am
2 815am 930am	3	4 7am 815am 930am	5	6 7am 815am 930am	7	8
9	10	11 7am 815am 930am	12	13 7am 815am 930am	14	15 815am 930am
16 815am 930am	17	18	19	20 7am 815am 930am	21	22 815am 930am
23 815am 930am	24	25 7am 815am 930am	26	27 7am 815am 930am	28	29 815am 930am
30 815am 930am	31	1	2	3	4	5  ActivatedWellness MIND. BODY. SOUL.

SEPTEMBER

2026

ACTIVATED WELLNESS
SHELTER ISLAND HEIGHTS
SEMI-PRIVATE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 7am 815am 930am	②	3 7am 815am 930am	4	5
6	7	8	9	10 7am 815am 930am	11	⑫ 815am 930am
13 815am 930am	14	15 7am 815am 930am	16	17 7am 815am 930am	18	19 815am 930am
20 815am 930am	⑪	22	23	24 7am 815am 930am	25	26 815am 930am
27 815am 930am	28	29	30	1	2	3  ActivatedWellness MIND. BODY. SOUL.