



T SCHOOL COURSE SYLLABUS

TRIMESTER THREE : GETTING & STAYING CENTERED

Sat Nov 15

**Assessment Update #3
Hormones, Health and Fat Loss Workshop
with Dr Alicia Johnson 11:30 am
Team Meetings follow**

Sat Nov 22

**Refine & Define : Stretch & De-stress with Jill Tupper
and Dr Ladd Carlston 11:30 am**

Sat Dec 6th

**Assessment Update #4
Pop Up Flow Workout 11:30 am
Team Meetings follow**

Sun Dec 7th

**Holiday Healthy Cooking Class 6:00 pm
@ The Evolve Paleo Kitchen**

Sat Dec 13th

**T School Graduation and Celebration Party
11:30 am – 1:00 pm**

