

The Healthy You by PEEPU 2019 Calender.

DATE	ITEM	NOTES
JUNE		
1st	Aerobics and Dance	Opp Estate Secretariat
8th	Aerobics and health talk	Opp Estate Secretariat
15th	Aerobics and Yoga	Opp Estate Secretariat
22nd	Aerobics and Prayer walk	OPIC, Channels road
29th	Aerobics and Swimming	Zigis, Magodo, Shangisha.
JULY		
6th	Aerobics and Prayer Walk	OPIC, Channels road
13th	Aerobics and dance	Isheri North
20th	Aerobics and dance	Isheri North
27th	Aerobics and Swimming	Zigis, Magodo, Shangisha.
AUGUST		
3rd	Aerobics and Prayer Walk	OPIC, Channels road
10th	Aerobics and Swimming	Zigis, Magodo, Shangisha.
17th	Aerobics and Yoga	Lagos Beach
24th	Aerobics and Swimming	Zigis, Magodo, Shangisha.
31st	Aerobics and tour	Lekki conservation center
SEPTEMBER		
7th	Peepu Cardio Saturday	Isheri North
14th	Peepu Swim Saturday	Zigis, Magodo, Shangisha.
21st	Peepu Saturday Cycle	OPIC Estates
28th	Peepu Saturday tour	Omu Resort

DATE	ITEM	NOTES
OCTOBER		
5th	Peepu Cardio Saturday	Isheri North
12th	Peepu Swim Saturday	Ziggies, Magodo
19th	Peepu Cycle Saturday	Isheri North
26th	Peepu Tour Saturday	Beach
NOVEMBER		
2nd	Aerobics and Prayer Walk	OPIC, Channels road
9th	Aerobics and Swimming	Zigis, Magodo, Shangisha.
16th	Aerobics and Cycling	Isheri North
23rd	Aerobics and Swimming	Zigis, Magodo, Shangisha.
30th	Aerobics and tour	Omu resort
DECEMBER		
2nd	#Businessfair by #peepu	Group chat
4th	#Healthtalk by #peepu	Group chat
6th	#Relationshipgist by #peepu	Group chat
7th	#Cardiosaturday by #peepu	Isheri North
11th	#Healthtalk by #peepu	Group chat
13th	#Relationshipgist by #peepu	Group chat
14th	#Swimsaturday by #peepu	Zigis, Magodo, Shangisha.
16th	#Businessfair by #peepu	Group chat
18th	#Healthtalk by #peepu	Group chat
20th	#Relationshipgist by #peepu	Group chat
21st	#Cyclesaturday by #peepu	OPIC, Channels road
25th	#Healthtalk by #peepu	Group chat
27th	#Relationshipgist by #peepu	Group chat

DATE	ITEM	NOTES
28th	#Toursaturday by #peepu	La Campagne Tropicana



