

December on ^{Cerritos}tv3 *The City of Cerritos government access cable television channel*

Monday, December 1

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM CCPA Performances: Merry-Achi Christmas

Tuesday, December 2

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga

Wednesday, December 3

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM Planning Commission Meeting: December 3

Thursday, December 4

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
11:00 AM Planning Commission Meeting: December 3
7:00 PM Parks and Recreation Commission Meeting: December 4

Friday, December 5

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
10:00 AM Planning Commission Meeting: December 3
3:00 PM Parks and Recreation Commission Meeting: December 4

Saturday, December 6

8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
4:00 PM Planning Commission Meeting: December 3

Sunday, December 7

8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
10:00 AM Parks and Recreation Commission Meeting: December 4
7:00 PM CCPA Performances: Merry-Achi Christmas

Monday, December 8

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga

Tuesday, December 9

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM Economic Development Commission: December 9

Wednesday, December 10

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
10:00 AM Economic Development Commission: December 9
6:00 PM CCPA Performances: Merry-Achi Christmas

Thursday, December 11

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM City Council Meeting: December 11

Friday, December 12

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM City Council Meeting: December 11

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Saturday, December 13

8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
4:00 PM City Council Meeting: December 11

Sunday, December 14

8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
5:00 PM Economic Development Commission: December 9

Monday, December 15

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga

Tuesday, December 16

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM CCPA Performances:
Rob Kapilow's "What Makes It Great?"

Wednesday, December 17

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga

Thursday, December 18

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM CCPA Performances: Merry-Achi Christmas

Friday, December 19

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
9:00 PM CCPA Performances: Benise

Saturday, December 20

8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
10:00 PM CCPA Performances: Latin Rock R&B Show

Sunday, December 21

8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
6:00 PM CCPA Performances: Merry-Achi Christmas

Monday, December 22

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM CCPA Performances: ATMA Ensemble

Tuesday, December 23

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga

Wednesday, December 24

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM CCPA Performances: Merry-Achi Christmas
10:00 PM CCPA Performances: Four Italian Tenors

Thursday, December 25

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
10:00 AM CCPA Performances: Merry-Achi Christmas
3:00 PM CCPA Performances: Golden Dragon Acrobats
5:00 PM CCPA Performances: Merry-Achi Christmas
8:00 PM CCPA Performances: Four Italian Tenors

Friday, December 26

7:00 AM Feeling Fit Club
8:00 AM RecConnectLA Workout
8:30 AM Tai Chi for Beginners
9:00 AM Mind Body Yoga
7:00 PM CCPA Performances: ATMA Ensemble

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Saturday, December 27

- 8:00 AM RecConnectLA Workout
- 8:30 AM Tai Chi for Beginners
- 9:00 AM Mind Body Yoga
- 5:00 PM CCPA Performances: Golden Dragon Acrobats

Sunday, December 28

- 8:00 AM RecConnectLA Workout
- 8:30 AM Tai Chi for Beginners
- 9:00 AM Mind Body Yoga
- 6:00 PM CCPA Performances: ATMA Ensemble

Monday, December 29

- 7:00 AM Feeling Fit Club
- 8:00 AM RecConnectLA Workout
- 8:30 AM Tai Chi for Beginners
- 9:00 AM Mind Body Yoga

Tuesday, December 30

- 7:00 AM Feeling Fit Club
- 8:00 AM RecConnectLA Workout
- 8:30 AM Tai Chi for Beginners
- 9:00 AM Mind Body Yoga

Wednesday, December 31

- 7:00 AM Feeling Fit Club
- 8:00 AM RecConnectLA Workout
- 8:30 AM Tai Chi for Beginners
- 9:00 AM Mind Body Yoga
- 6:00 PM CCPA Performances:
Matt Mauser & The Sinatra Big Band
- 8:00 PM CCPA Performances: British Rock Royalty
- 10:00 PM Concerts Under the Stars: Knyght Ryder