Core Vitality Inner Circle

Group Program Calendar

Please note that all dates and times in this schedule are in PST timezone. If you'd like to convert these to your timezone, click the link below for a handy conversion tool.

TIME ZONE CONVERTER

FOR ANY QUESTIONS AND CLARIFICATIONS REACH OUT TO
support@drjennytufenkian.com

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TIME ZONE CONVERTER

JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 *Q & A WITH DR. JENNY @ 12 NOON*	9	9	10
11	12 *NUTRITION WITH ZRINKA @ 10 AM*	13	14	15	16	17
18	19	20	21 *HOT SEAT WITH DR. JENNY @ 12 NOON*	22	23	24
25	26	27 *SOMATIC WITH DR. JENNY @ 5 PM*	28	29	30	31

NOTES

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TIME ZONE CONVERTER

FEBRUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 *Q & A WITH DR. JENNY @ 5 PM*	5	6	7
8	9 *NUTRITION WITH ZRINKA @ 10 AM*	10	11	12	13	14
15	16	17 *HOT SEAT WITH DR. JENNY @ 12 NOON*	18	19	20	21
22	23	24 *SOMATIC WITH LAURA @ 2:30 PM*	25	26	27	28

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TIME ZONE CONVERTER

MARCH 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 *NUTRITION WITH ZRINKA @ 10 AM*	3	4	5	6	7
8	9	10	11	12 *Q & A WITH DR. JENNY @ 5 PM*	13	14
15	16	17	18 *HOT SEAT WITH DR. JENNY @ 12 NOON*	19	20	21
22	23	24	25	26	27	28
29	30	31 *SOMATIC WITH LAURA @ 2:30 PM*				

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TIME ZONE CONVERTER

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 *Q & A WITH DR. JENNY @ 12 NOON*	3	4
5	6	7	8	9	10	11
12	13 *NUTRITION WITH ZRINKA @ 10 AM*	14	15	16	17	18
19	20	21	22	23 *HOT SEAT WITH DR. JENNY @ 12 NOON*	24	25
26	27	28 *SOMATIC WITH LAURA @ 2:30 PM*	29	30		

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TIME ZONE CONVERTER

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1 *Q & A WITH DR. JENNY @ 9 AM*	2
3	4	5	6	7	8	9
10	11 *NUTRITION WITH ZRINKA @ 10 AM*	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 *SOMATIC WITH LAURA @ 2:30 PM*	27 *HOT SEAT WITH DR. JENNY @ 12 NOON*	28	29	30
31						

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TIME ZONE CONVERTER

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 *Q & A WITH DR. JENNY @ 5 PM*	5	6
7	8 *NUTRITION WITH ZRINKA @ 10 AM*	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 *HOT SEAT WITH DR. JENNY @ 12 NOON*
28	29	30 *SOMATIC WITH LAURA @ 2:30 PM*				

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TIME ZONE CONVERTER

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	1	2	3	4
5	6	7	8 Q & A WITH DR. JENNY @ 12 NOON	9	10	11
12	13 NUTRITION WITH ZRINKA @ 10 AM	14	15	16	17	18
19	20	21	22 HOT SEAT WITH DR. JENNY @ 12 NOON	23	24	25
26	27	28 SOMATIC WITH LAURA @ 2:30 PM	29	30	31	

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TIME ZONE CONVERTER

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	1
2	3 *NUTRITION WITH ZRINKA @ 10 AM*	4	5	6	7	8
9	10	11 *Q & A WITH DR. JENNY @ 5 PM*	12	13	14	15
16	17	18	19	20	21	22
23	24	25 *SOMATIC WITH LAURA @ 2:30 PM*	26	27	28	29
30	31 *HOT SEAT WITH DR. JENNY @ 12 NOON*					

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TIME ZONE CONVERTER

SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 *Q & A WITH DR. JENNY @ 12 NOON*	3	4	5
6	7	8	9	10	11	12
13	14	15	16 *HOT SEAT WITH DR. JENNY @ 12 NOON*	17	18	19
20	21 *NUTRITION WITH ZRINKA @ 10 AM*	22	23	24	25	26
27	28	29 *SOMATIC WITH LAURA @ 2:30 PM*	30			

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TIME ZONE CONVERTER

OCTOBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				1 *Q & A WITH DR. JENNY @ 5 PM*	2	3
4	5	6	7	8	9	10
11	12 *NUTRITION WITH ZRINKA @ 10 AM*	13	14	15	16	17
18	19	20	21 *HOT SEAT WITH DR. JENNY @ 12 NOON*	22	23	24
25	26	27 *SOMATIC WITH LAURA @ 2:30 PM*	28	29	30	

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TIME ZONE CONVERTER

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 *NUTRITION WITH ZRINKA @ 10 AM*	3	4	5	6	7
8	9	10	11 *Q & A WITH DR. JENNY @ 12 NOON*	12	13	14
15	16	17	18	19	20	21
22	23	24 *SOMATIC WITH LAURA @ 2:30 PM*	25 *HOT SEAT WITH DR. JENNY @ 12 NOON*	26	27	28
29	30					

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TIME ZONE CONVERTER

DECEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	1	2	3	4 *Q & A WITH DR. JENNY @ 12 NOON*	5
6	7	8	9 *HOT SEAT WITH DR. JENNY @ 12 NOON*	10	11	12
13	14 *NUTRITION WITH ZRINKA @ 10 AM*	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29 *SOMATIC WITH LAURA @ 2:30 PM*	30	31		

NOTES

Extra Notes

- FOR ANY QUESTIONS AND CLARIFICATIONS REACH OUT TO support@drjennytufenkian.com
- FOR REPLAYS CLICK HERE- http://bit.ly/49AXc4e
- Please note that all dates and times in this schedule are in PST timezone. If you'd like to convert these to your timezone, click the link below for a handy conversion tool.- https://dateful.com/time-zone-converter