November on Cerritos tv3

The City of Cerritos government access cable television channel

Sunday, November 1

2:00 p.m. Property Preservation Commission Meeting: October 27

Monday, November 2

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

Tuesday, November 3

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

Wednesday, November 4

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

Thursday, November 5

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

Friday, November 6

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

Saturday, November 7

8:00 p.m. CCPA Performances: Te Vaka

Sunday, November 8

3:00 p.m. CCPA Performances: Estampas Porteñas Tango

Monday, November 9

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
6:00 p.m. Celebrating Cerritos: November 9
7:00 p.m. City Council Meeting: November 9

Tuesday, November 10

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
10:00 a.m. Celebrating Cerritos: November 9
11:00 a.m. City Council Meeting: November 9
7:00 p.m. Economic Development Commission: November 10

Wednesday, November 11

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
10:00 a.m. Economic Development Commission: November 10

Thursday, November 12

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
7:00 p.m. Planning Commission Special Meeting: November 12

Friday, November 13

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
6:00 p.m. Economic Development Commission: November 10

Saturday, November 14

1:00 p.m. Celebrating Cerritos: November 9
2:00 p.m. City Council Meeting: November 9

Sunday, November 15

9:00 p.m. CCPA Performances: Ana Popovic

Monday, November 16

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

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Tuesday, November 17

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
7:00 p.m. Senior Services Commission Meeting: November 17

Wednesday, November 18

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
10:00 a.m. Senior Services Commission Meeting: November 17

Thursday, November 19

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

Friday, November 20

7:00 a.m. Feeling Fit Club
8:00 a.m. RecConnectLA Workout
8:30 a.m. Tai Chi for Beginners
9:00 a.m. Mind Body Yoga
6:00 p.m. Senior Services Commission Meeting: November 17

Saturday, November 21

8:00 p.m. CCPA Performances: Night Fever

Sunday, November 22

7:00 p.m. CCPA Performances: ATMA Ensemble

Monday, November 23

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

Tuesday, November 24

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

Wednesday, November 25

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

Thursday, November 26

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

Friday, November 27

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

Saturday, November 28

8:00 p.m. CCPA Performances: Latin Rock R&B Show

Sunday, November 29

9:00 p.m. CCPA Performances: DRUMLine

Monday, November 30

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