

# Online Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am		Amy ( <u>Yoga</u> )		O ( <u>Yoga</u> )			
10:00 am	Brian ( <u>Intestine/</u> <u>Core</u> )	Danielle ( <u>Yoga</u> )	Sean ( <u>Tai Chi/</u> <u>Qigong</u> )	Lakshmi ( <u>Yoga</u> )	YooSoo ( <u>Yoga</u> )	9 AM Ilene ( <u>Yoga</u> )	Sean ( <u>Yoga</u> )
1:00 pm		Laura ( <u>Chair Yoga</u> )		Courtney ( <u>Breathwork</u> )	Jean ( <u>Chair Yoga</u> )	Rotating ( <u>Yoga &amp;</u> <u>Tai Chi</u> )	
6:30 pm		Chun Mu ( <u>Yoga</u> )		Chun Mu ( <u>Yoga</u> )			
7:00 pm	Melanie ( <u>Intestine/</u> <u>Core</u> )		David ( <u>Tai Chi/</u> <u>Qigong</u> )		Uthara ( <u>Vibration</u> )		
9:00 pm				Meghan ( <u>Yoga</u> )			