



Monday Night Yoga w/ Fold Yoga |
6:00 to 7:00 pm




Tuesday Lunchtime Full Body Conditioning w/ Pearl Street Fitness |
12:15-1:00 pm

Wednesday November Project |
5:30-6:15 am & 6:15-7:00 am

1st & 3rd Wednesdays meet at the State Capitol Steps
2nd, 4th, & 5th Wednesdays meet in the Greek Theater

Thursday Lunchtime YogaCross w/ Fitness in the City and The River |
11:00 am to 12:00 pm
Indoor Classes Start in January 2018

Thursday Night Yoga
Will return in May 2018

-  OUTDOOR CLASS (WEATHER PERMITTING)
In Civic Center Park
-  INDOOR CLASS
In the McNichols Civic Center Building
-  NO CLASS SCHEDULED

MON TUES WED THU

Oct 16
23
30
6
13
20
27
Dec 4
11
18

17
24
31
7
14
21
28
5
12
19

18
25
Nov 1
8
15
22
29
6
13
20

19
26
2
9
16
23
30
7
14
21