



# JANUARY TO APRIL 2018 SCHEDULE




**Monday Night Yoga w/ Fold Yoga**  
6:00-7:00 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  
*1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, meet at State Capitol Steps  
2<sup>nd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Wednesdays, meet in Greek Theater*

**Thursday Lunchtime YogaCross w/ Fitness in the City and The River**  
11:00 am-12:00 pm

**Thursday Night Yoga**  
*Will return in May 2018*

-  OUTDOOR CLASS  
*In Civic Center Park*
-  INDOOR CLASS  
*In the McNichols Civic Center Building*
-  NO CLASS SCHEDULED

| MON   | TUES | WED | THU   |
|-------|------|-----|-------|
| JAN 8 | 9    | 10  | 11    |
| 15    | 16   | 17  | 18    |
| 22    | 23   | 24  | 25    |
| 29    | 30   | 31  | FEB 1 |
| 5     | 6    | 7   | 8     |
| 12    | 13   | 14  | 15    |
| 19    | 20   | 21  | 22    |
| 26    | 27   | 28  | MAR 1 |
| 5     | 6    | 7   | 8     |
| 12    | 13   | 14  | 15    |
| 19    | 20   | 21  | 22    |
| 26    | 27   | 28  | 29    |
| APR 2 | 3    | 4   | 5     |
| 9     | 10   | 11  | 12    |

