



# October-December 2018 Class Schedule

MON	TUES	WED	THU
OCT 8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	NOV 1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
DEC 3	4	5	6
10	11	12	13
17	18	19	20




**Monday Night Yoga w/ The River**  
6:00-7:00 pm

**Tuesday Lunchtime Hustle & Flow  
w/ Jillian Keaveny**  
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  
*Ends Oct. 25; Will return in Jan 2019*

**Thursday Night Yoga**  
*Will return in May 2019*

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

