





# January-February 2019 Class Schedule


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

 OUTDOOR CLASS

*In Civic Center Park*

 INDOOR CLASS

*In the McNichols Civic Center Building*

 NO CLASS SCHEDULED

**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 & The River**  
12:00-1:00 pm

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

