

Flexible Classes: May 4-7



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong Library Corner	Open Billiards MPR		Open Billiards MPR
		Seated Movement & Breath w/ Jeron Sunken Garden		Seated Movement & Breath w/ Jeron Sunken Garden
				Intergen Zumba w/ Julissa Flagpole
11am				
	Seated Mindful Movement w/ Diego Sunken Garden	Seated Strength & Tone w/ Natalia Sunken Garden	Conversations w/ Rebecca Art Room	Seated Mindful Movement w/ Diego Sunken Garden
				Seated Strength & Tone w/ Natalia Sunken Garden
12pm	Crochet Open Studio w/ Mary Beth HT Space	Billiards for Beginners w/ Katie MPR	Crochet Open Studio w/ Mary Beth HT Space	Billiards for Beginners w/ Katie MPR
	Men's Group MPR	Restorative Yoga w/ Lisa Sunken Garden	Grief & Loss MPR	Restorative Yoga w/ Lisa Sunken Garden
	Seated Active Stretch w/ Lisa Sunken Garden		Seated Active Stretch w/ Lisa Sunken Garden	
1pm	Open Billiards MPR	General Tech Help w/ Ariana Tech Bar	Open Billiards MPR	General Tech Help w/ Ariana Tech Bar
	General Tech Help w/ Ariana Tech Bar		General Tech Help w/ Ariana Tech Bar	
2pm				
3pm	Billiards for Beginners w/ Katie MPR		Billiards for Beginners w/ Katie MPR	

Flexible Classes: May 11-14



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong Library Corner	Open Billiards MPR		Open Billiards MPR
11am	Seated Mindful Movement w/ Diego Sunken Garden	Seated Movement & Breath w/ Jeron Sunken Garden		Seated Movement & Breath w/ Jeron Sunken Garden
12pm	Crochet Open Studio w/ Mary Beth HT Space	Billiards for Beginners w/ Katie MPR	Crochet Open Studio w/ Mary Beth HT Space	Billiards for Beginners w/ Katie MPR
	Men's Group MPR	Restorative Yoga w/ Lisa Sunken Garden	Grief & Loss MPR	Restorative Yoga w/ Lisa Sunken Garden
	Seated Active Stretch w/ Lisa Sunken Garden		Seated Active Stretch w/ Lisa Sunken Garden	
1pm	Open Billiards MPR	General Tech Help w/ Ariana Tech Bar	Open Billiards MPR	General Tech Help w/ Ariana Tech Bar
2pm	General Tech Help w/ Ariana Tech Bar		General Tech Help w/ Ariana Tech Bar	
3pm	Billiards for Beginners w/ Katie MPR		Billiards for Beginners w/ Katie MPR	
				Intergen Zumba w/ Julissa Flagpole