

Flexible Classes: September 7-September 10



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday			
10am	CLOSED (Labor Day)	Open Billiards MPR	Resistance Bands w/ Julissa Sunken Garden		Open Billiards MPR	Seated Movement & Breath w/ Jeron Sunken Garden	Stretch & Flow (Intergen) w/ Julissa Flagpole
11am			Seated Stretch w/ Jason Sunken Garden	Conversations w/ Rebecca Art Room	Korean Culture & Conversations w/ MK HT Space	Seated Mindful Movement w/ Diego Sunken Garden	Seated Stretch w/ Jason Sunken Garden
12pm			GenSpace Sings w/ Jeron Art Room	TED Talk Wednesday w/ Alexa MPR			GenSpace Sings w/ Jeron Art Room
1pm			General Tech Help Library Corner	Open Billiards MPR	General Tech Help Library Corner	General Tech Help Library Corner	
2pm					Crochet Open Studio w/ Mary Beth HT Space		
3pm							

Flexible Classes: September 14-17



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong (Mon only) Library Corner	Open Billiards MPR	Resistance Bands w/ Julissa Sunken Garden	Open Billiards MPR
11am	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden
	Korean Culture & Conversations w/ MK HT Space	Seated Stretch w/ Jason Sunken Garden	Korean Culture & Conversations w/ MK HT Space	Seated Stretch w/ Jason Sunken Garden
	Seated Mindful Movement w/ Diego Sunken Garden	GenSpace Sings w/ Jeron Art Room	Seated Mindful Movement w/ Diego Sunken Garden	GenSpace Sings w/ Jeron Art Room
12pm	Men's Group w/ Tom MPR		TED Talk Wednesday w/ Alexa MPR	
1pm	Open Billiards MPR	General Tech Help Library Corner	Open Billiards MPR	General Tech Help Library Corner
2pm	General Tech Help Library Corner		General Tech Help Library Corner	
	Crochet Open Studio w/ Mary Beth HT Space		Crochet Open Studio w/ Mary Beth HT Space	
3pm				

Monthly Survey Support Monday - Thursday 10am-11am
Library Corner