

Flexible Classes: September 21-September 24



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	CLOSED (Yom Kippur)	Open Billiards MPR	Resistance Bands w/ Julissa Sunken Garden	Open Billiards MPR
11am		Seated Movement & Breath w/ Jeron Sunken Garden	Conversations w/ Rebecca Art Room	Seated Movement & Breath w/ Jeron Sunken Garden
12pm		Seated Stretch w/ Jason Sunken Garden	Korean Culture & Conversations w/ MK HT Space	Seated Stretch w/ Jason Sunken Garden
1pm		GenSpace Sings w/ Jeron Art Room	Seated Mindful Movement w/ Diego Sunken Garden	GenSpace Sings w/ Jeron Art Room
2pm		General Tech Help Library Corner	TED Talk Wednesday w/ Alexa MPR	General Tech Help Library Corner
3pm			Open Billiards MPR	
4pm			General Tech Help Library Corner	
			Crochet Open Studio w/ Mary Beth HT Space	
		Co-Creation MPR		

Flexible Classes: September 28-October 1



Seated Fitness Class
의자 피트니스 수업

	Monday	Tuesday	Wednesday	Thursday
10am	Open Mahjong Library Corner	Open Billiards MPR	Resistance Bands w/ Julissa Sunken Garden	Open Billiards MPR
11am	Resistance Bands w/ Julissa Sunken Garden	Seated Movement & Breath w/ Jeron Sunken Garden	Seated Movement & Breath w/ Jeron Sunken Garden	Stretch & Flow (Intergen) w/ Julissa Flagpole
	Conversations w/ Rebecca Art Room	Seated Stretch w/ Jason Sunken Garden	Conversations w/ Rebecca Art Room	Seated Stretch w/ Jason Sunken Garden
	Korean Culture & Conversations w/ MK HT Space	Seated Mindful Movement w/ Diego Sunken Garden	Korean Culture & Conversations w/ MK HT Space	Seated Mindful Movement w/ Diego Sunken Garden
12pm	Men's Group w/ Tom MPR	GenSpace Sings w/ Jeron Art Room	TED Talk Wednesday w/ Alexa MPR	GenSpace Sings w/ Jeron Art Room
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				