CLASS CALENDAR 2026

MON	TUE	WED	THURS	FRI	SAT
Tai Chi Gong Experienced 9-9:55	Tai Chi Gong Beginner 9-9:55		Line Dancing Level 3 8:55-9:55	All Levels Yoga 9-10:15	
Chair Yoga with Deb 10-11	Magi's Fitness 10:00-10:55	Dancefit 10-11	Magi's Fitness 10:00-10:55		Yoga Workshop 10-11:30
	Magi's Chairfit 11:00-11:30		Magi's Chairfit 11:00-11:30	All Levels Yoga 10:30-11:45	
Magi's Strength 11:15-12:15		Magi's Strength 11:15-12:15			
	Always Be Strong 11:45-12:45		Always Be Strong 11:45-12:45	Chair Yoga with Deb 12:00-1:00	
	Core 1:00-2:00				
	Core 2:10-3:10		Strength and Core 2:15-3:15		
Gentle Hatha Flow Yoga 2:30-3:45					
	Slow and Gentle Soma Yoga 3:30-4:45		Yoga with Deb 3:30-4:45		
Yoga with Deb 4:00-5:15		Soma Nidra Yoga 4:30-5:45			
	Men's Stretch and Strength 5:00-6:15				
		Line Dancing Level 1 6-7			
		Line Dancing Level 2 7:10-8:10			

2025-12-14