

The Zen Wellness Center Summer Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Medical Chi Gong 9:00 – 9:30a		Medical Chi Gong 9:00 – 9:30a		Zen Yoga Advanced Flow 9:00 – 10:15a	Medical Chi Gong 9:00 – 9:30a
Tai Chi Foundation 9:30 – 10:00a		Tai Chi Foundation 9:30 – 10:00a		Zen Yoga Restorative 10:30 - 11:45a	Tai Chi Foundation 9:30 – 10:00a
Zen Yoga All Levels 10:00 – 11:00a		Zen Yoga All Levels 10:00 – 11:00a			Zen Yoga All Levels 10:00 – 11:00a
Tai Chi 108 Beginners 11:00 – 12:00p	Chi Fit 2:30 – 3:00p	Tai Chi 108 Beginners 11:00 – 12:00p	Chi Fit 2:30 – 3:00p		Tai Chi 108 Beginners 11:00 – 12:00p
Tai Chi 108 Advanced 12:00 – 1:00p	Medical Chi Gong 3:00 – 3:30p	Tai Chi 108 Advanced 12:00 – 1:00p	Medical Chi Gong 3:00 – 3:30p		Tai Chi 108 Advanced 12:00 – 1:00p
Zen Yoga Beginners 3:00 – 4:00p	Tai Chi Foundation 3:30 – 4:00p	Zen Yoga Beginners 3:00 – 4:00p	Tai Chi Foundation 3:30 – 4:00p		Zen Yoga All Levels 1:00 – 2:15p
	Tai Chi 108 Beginner & Advanced 4:30 – 5:30p	Zen Yoga All Levels 7:15 – 8:30p	Tai Chi 108 Beginner & Advanced 4:30 – 5:30p		

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