

Mossman Hall Class and Event Calendar

2020

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01 9-1015a Zumba 11-1230p Low/slow Yoga 530-630p Zumba 6-8p Pottery Throwing	02 9-1015a Zumba 530-7 Stetch & Flex Yoga	03 1030-1130 Beginner's Tai Chi & Qigong 6-9p Art Walk	04 10-12p Clay Station
05 930-12p Conscious Awakening Service	06 10-12p Clay Station 11-1p Women's Intermediate Yoga 530-630p Zumba	07 1030-12p Tai Chi 6-7p Yoga w/Hope	08 9-1015a Zumba 11-1230p Low/slow Yoga 530-630p Zumba 6-8p Pottery Throwing	09 9-1015a Zumba 530-7 Stetch & Flex Yoga	10 1030-1130 Beginner's Tai Chi & Qigong	11 10-12p Clay Station 1-230p Solar Discovery
12 930-12p Conscious Awakening Service	13 10-12p Clay Station 11-1p Women's Intermediate Yoga 530-630p Zumba	14 1030-12p Tai Chi 6-7p Yoga w/Hope	15 9-1015a Zumba 11-1230p Low/slow Yoga 530-630p Zumba 6-8p Pottery Throwing	16 9-1015a Zumba 530-7 Stetch & Flex Yoga	17 1030-1130 Beginner's Tai Chi & Qigong	18 10-12p Clay Station
19 930-12p Conscious Awakening Service	20 10-12p Clay Station 11-1p Women's Intermediate Yoga 530-630p Zumba	21 1030-12p Tai Chi 6-7p Yoga w/Hope	22 9-1015a Zumba 11-1230p Low/slow Yoga 530-630p Zumba 6-8p Pottery Throwing	23 9-1015a Zumba 530-7 Stetch & Flex Yoga	24 1030-1130 Beginner's Tai Chi & Qigong	25 10-12p Clay Station 1-230p Nontoxic Living
26 930-12p Conscious Awakening Service	27 10-12p Clay Station 11-1p Women's Intermediate Yoga 530-630p Zumba	28 1030-12p Tai Chi 6-7p Yoga w/Hope	29 9-1015a Zumba 11-1230p Low/slow Yoga 530-630p Zumba 6-8p Pottery Throwing	30 9-1015a Zumba 530-7 Stetch & Flex Yoga	31 1030-1130 Beginner's Tai Chi & Qigong	01

LEGEND:

PURPLE = Art/Music Class

GREEN = Health/Fitness Class

RED = Special Event

See reverse for details