

Day	Time	Class	Equipment	Meeting ID	Password
Mondays: January 3, 17-31	12:00pm- 12:15pm	Midday Stretch	Chair	852 7159 0809	MonMOVE
Mondays: January 10-31	5:30pm-6:00pm	Werq	Nothing!	750 8858 1187	JanW3rq
Tuesdays: January 4, 18-25	5:05pm-5:35pm	Tabata Tuesday	Mat or towel and something weighted	854 3853 5121	TabatA22
Wednesday: January 5, 19-26	12:30pm- 12:45pm	Midday Stretch	Chair	838 5280 3729	WedMOVE
Wednesday: January 5, 19-26	4:30pm-5:00pm	Glutes & Abs	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	828 2017 2774	G&A22
Wednesday: January 5, 19-26	5:05pm-5:35 pm	Body Blast	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	853 3586 2678	BbBb22
Thursdays: January 6, 20-27	6:00am-6:30am	Strength & Stretch	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	889 6686 2501	YawnJan
Fridays: January 7, 20 & 28 <i>*Note the 20th is a Thursday</i>	11:30am- 11:45am	Midday Stretch	Chair	870 8237 8522	FriMOVE