

Day	Time	Class	Equipment	Zoom ID	Zoom Password
Mondays June 6-27	12:00pm-12:15pm	Monday Midday Stretch	Chair	841 6121 1471	MonMOVE
Mondays June 6-27	5:30pm-6:00pm	Werq	Nothing	766 7064 7098	JunW3rq
Tuesdays June 7-28	4:30pm-5:00pm	Twenty with Tiffany	Mat/towel and something weighted (on occasion)	830 1072 8652	TueswTiff
Wednesdays June 8-29 (No June 1)	12:30pm-12:45pm	Wednesday Midday Stretch	Chair	872 0794 2517	WedMOVE
Wednesdays June 8-29 (No June 1)	4:30pm-5:00pm	Crazy Cardio	Mat/towel and something weighted (on occasion)	833 0335 7962	CrazzyC
Wednesdays June 8-29 (No June 1)	5:05pm-5:35pm	Body Blast	Mat/towel and something weighted (on occasion)	893 1993 3935	BodyB22
Thursdays June 9-30 (No June 2)	6:00am-6:30am	Strength & Core	Mat/towel and something weighted (on occasion)	841 7504 7051	ThurAM22
Friday June 10-24 (No June 3)	11:30am-11:45am	Friday Midday Stretch	Chair	895 8922 1049	FriMOVE