

January 2017

Sun

1

NOTE: Wear Proper Shoes for Tai Chi. Different shoes outside as opposed to inside. Depending on location due to weather (Light, soft thin soles indoors)

8

15

22

29

Mon

2

University of Louisville
CLOSED
For
New Year's Day

9

16

University of Louisville
CLOSED
For
Martin Luther King, Jr.
Day

23

30

Tai Chi 12:00-12:45
pm
Abell 2nd floor Foyer

Tue

3

10

17

24

31

Yoga 12:00-12:45
pm
Abell 2nd floor
Foyer

Wed

4

11

18

25

Thu

5

12

19

26

Fri

6

13

20

27

Sat

7

14

21

28

February 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

NOTE: Wear Proper Shoes for Tai Chi. Different shoes outside as opposed to inside. Depending on location due to weather (Light, soft thin soles indoors)

5

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

12

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

19

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

26

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

6

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

13

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

20

Yoga 12:00-12:45 pm
NOTE: Location Abell Room 110

27

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

7

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

14

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

21

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

28

1

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

8

15

22

2

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

9

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

16

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

23

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

3

10

17

24

4

11

18

25

March 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

NOTE: Wear Proper Shoes for Tai Chi. Different shoes outside as opposed to inside. Depending on location due to weather (Light, soft thin soles indoors)

5

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

12

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

19

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

26

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

6

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

13

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

20

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

27

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

7

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

14

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

21

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

28

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

1

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

8

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

15

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

22

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

29

Tai Chi 12:00-12:45 pm
Abell 2nd floor Foyer

2

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

9

Yoga 12:00-12:45 pm
Abell 2nd floor Foyer

16

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

23

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

30

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

3

10

17

24

31

4

11

18

25

April 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

NOTE: Wear Proper Shoes for Tai Chi. Different shoes outside as opposed to inside. Depending on location due to weather (Light, soft thin soles indoors)

2

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

3

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

4

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

5

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

6

7

9

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

10

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

11

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

12

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

13

14

16

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

17

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

18

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

19

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

20

21

23/30

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell 2nd floor Foyer

24

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell 2nd floor Foyer

25

26

27

28

1

8

15

22

29

May 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

NOTE: Wear Proper Shoes for Tai Chi. Different shoes outside as opposed to inside. Depending on location due to weather (Light, soft thin soles indoors)

Tai Chi
12:00-12:45 pm
Plaza Courtyard
Note: Rain location
Abell 2nd floor Foyer

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

7

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell
2nd floor Foyer

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location
Abell 2nd floor Foyer

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

14

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell
2nd floor Foyer

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location
Abell 2nd floor Foyer

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

21

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location Abell
2nd floor Foyer

Yoga 7:30-8:20 am
Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location
Abell 2nd floor Foyer

Yoga 7:30-8:20 am
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Both classes Abell
2nd floor Foyer

28

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location
Abell 2nd floor Foyer

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Yoga 12:00-12:45 pm
Both classes Abell
2nd floor Foyer

Tai Chi 12:00-12:45 pm
Plaza Courtyard
Note: Rain location
Abell 2nd floor Foyer

