<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>8:15-9:00am</td>
<td>8:15-9:00am</td>
<td>9:30-10:15am</td>
<td>9:00-9:45am</td>
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<td>AOA Strength</td>
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<td>Yoga – All Levels</td>
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<td>10:00-11:00am</td>
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<td>11:15-12:15pm</td>
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<td>Yoga – Gentle</td>
<td>Yoga – All Levels</td>
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<td>Ann – Pocock</td>
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<td>Tai Chi-II</td>
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<td>5:15-6:15pm</td>
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<tr>
<td>Zumba</td>
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<td>HIGH Fitness</td>
<td>Barbell Pump</td>
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<tr>
<td>Anna Leesa – GW</td>
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<td>Anna Leesa – GW</td>
<td>Erin – Pocock</td>
<td>Erin – Pocock</td>
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</tbody>
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Schedule may change without notice - please check website for most current schedule. As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Jon Bolden  jbolden@seattlemca.org