



Meeting/Row Studio Room Reserved Times-Winter 2019

Monday	Tuesday	Wed	Thurs	Fri	Sat	Sun
Row & Flow w/ Anna J 6:00-7:15am	Mobility & Movement w/ Dr. Erin McConnell 7:30-8:30am* **	Row & Flow w/ Anna J 6:00-7:15am	Para LTA 5:00-6:30pm	Row & Flow w/ Anna J 6:00-7:15am	OWL 8:30-9:30am	Military/Vets 9:00-10:30am
Yoga is Fundamental w/ Anna J 7:30-8:45am	Para LTA 5:00-6:30pm	Yoga is Fundamental w/ Anna J 7:30-8:45am	Para Open Late 6:30-8:00am	Yoga is Fundamental w/ Anna J 7:30-8:45am	Row Studio w/ Kara White 10:00-11:00am	Inter Dev Youth 1:15-3:00pm
Para Inclusion 5:00-6:30pm	Para Open Late 6:30-8:00pm	Para Open Early/Mil Para 9:00-10:30am		Para Open Early/Mil Para 9:00-10:30am	Para Teen Ergs 1:00-2:30pm	
Row Studio w/ Kara White 6:30-7:30pm		Para Open Midday 10:45am-12:15p m		Para Open Midday 10:45am-12:1 5pm		
		OWL 5:00-6:30pm (1/16-3/6)				
		Row Studio w/ Kara White 6:30-7:30				