

# Hawthorne Movement Center Weekly Class Schedule

|          | Sunday   | Monday | Tuesday  | Wednesday  | Thursday | Friday | Saturday  |
|----------|--|--------|--|--|----------|--------|---|
| 8:00 AM  |  |        |  |  |          |        |   |
| 9:00 AM  |  |        |  |  |          |        |   |
| 10:00 AM |  |        |  |  |          |        | 9:30 AM – 11:00 AM<br>Releasing into the<br>Void Yoga<br>w/Sharon |
| 11:00 AM |  |        | 10:30 AM – 12:00 PM<br>Beginning Yoga<br>w/Holiday |  |          |        |   |
| 12:00 PM | 12:30 PM – 1:30 PM<br>Karate-Do: Children's<br>Self-Defense w/Donald |        |  |  |          |        |   |
| 1:00 PM  | 1:30 PM – 2:30 PM<br>Kenpo: Teen & Adult<br>Beg/Int w/Donald         |        |  |  |          |        |   |
| 2:00 PM  | 2:30 PM – 3:30 PM<br>Karate-Do: Advanced<br>w/Donald                 |        |  |  |          |        |   |
| 3:00 PM  |  |        |  |  |          |        |   |
| 4:00 PM  | 4:00 PM – 5:00 PM<br>Hawthorne Laughter Club<br>w/Chris              |        |  |  |          |        |   |
| 5:00 PM  |  |        |  |  |          |        |   |
| 6:00 PM  | 6:00 PM – 7:30 PM<br>Meditative Arts<br>w/Shanita                    |        | 5:30 PM – 7:00 PM<br>Beginning Yoga<br>w/Holiday   | 5:30 PM – 7:00 PM<br>Intermediate/<br>Advanced Yoga<br>w/Holiday |          |        |   |
| 7:00 PM  |  |        |  |  |          |        |   |
| 8:00 PM  |  |        | 7:15 PM – 8:30 PM<br>Nestle Into Yin<br>w/Sharon   | 7:15 PM – 8:45 PM<br>Beginning Yoga<br>w/Holiday                 |          |        |   |
| 9:00 PM  |  |        |  |  |          |        |   |