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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |   |  |  | 10-10:50am*Yoga* with Alicia |
| 5:00-5:50pmWERQwith JasmineVirtual and MPR |   |  |  |   |  |
| 6-6:50pm*Karate*With Shihan Daniel in MPR |  | 6-6:50pm *Classic Karate* with Shihan Daniel |  |  |  |
|  |  |  7-7:50pm *Yoga* with Alicia  |   |  |  |

* To sign up for virtual classes please contact apye3@uis.edu