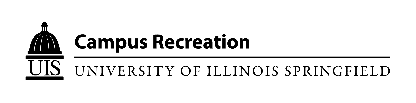
|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 10-10:50am  *Yoga*  with Alicia |
| 5:00-5:50pm  WERQ  with Jasmine  Virtual and MPR |  |  |  |  |  |
| 6-6:50pm  *Karate*  With Shihan Daniel in MPR |  | 6-6:50pm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

* To sign up for virtual classes please contact [apye3@uis.edu](mailto:apye3@uis.edu)