## INTERIM SCHEDULE
December 10-21, 2018

*Cancellations and location changes are subject to change.

### MONDAYS
- **Yoga for Beginners**
  - 11am-12pm Wilshire Center Ste 130
- **Yoga Beg/Int**
  - 12:10-1:10pm Wilshire Center Ste 130
  - 12:00-12:55pm Kaufman Rm. 250
- **Dance It Out**
  - *Only 12/10, No Class 12/17*
  - 12:10-12:50pm CHS Patio 8th Floor
- **Dance It Out/Zumba**
  - 5:15-6:15pm Wilshire Center Ste 130

### TUESDAYS
- **Yoga Beg/Int**
  - 12:00-1:00pm Mol Sci Rm 3440
- **Dance It Out**
  - 12:10-12:50pm Kaufman Rm 230
- **Yoga Latte**
  - 11am-12pm Wilshire Center Ste 130
  - 12:10-1:10pm Wilshire Center Ste 130
- **Dance It Out**
  - *Only 12/12, No Class 12/19*
  - 12:10-12:50pm CHS Patio 8th Floor
  - 12:00-12:55pm Kaufman Rm. 250

### WEDNESDAYS
- **Yoga Beg/Int**
  - 11am-12pm Wilshire Center Ste 130
  - 12:10-1:10pm Wilshire Center Ste 130
  - 11:30-12:30pm Public Affairs 4357
- **Total Body Workout**
  - 12:30-1:25pm Wilshire Center Ste 130
  - 1:30-2:25pm Wilshire Center Ste 130
- **Dance It Out**
  - 12:10-12:50pm CHS Patio 8th Floor
  - 1:30-2:25pm Wilshire Center Ste. 130

### THURSDAYS
- **Yoga Beg/Int**
  - 12:10-1:10pm Wilshire Center Ste 130
- **Tai Chi and Qi Gong**
  - 12:00-1:00pm Le Conte Ave/Westwood
  - 12:10-12:50pm Kaufman RM 230
- **Yoga Beg/Int.**
  - 12:00-1:00pm Mol Sci Rm 3440
  - 12:10-12:50pm Wilshire Center Ste 130
  - 1:30-2:25pm Wilshire Center Ste. 130

### FRIDAYS
- **Yoga Beg/Int**
  - 12:10-1:10pm Wilshire Center Ste 130
  - 11:30-12:30pm Public Affairs 4357
- **Total Body Workout**
  - *Only 12/14, No Class 12/21*
  - 1:30—2:25pm Wilshire Center Ste. 130
  - 12:10-12:50pm CHS Patio 8th Floor

### CLASS INFORMATION
Please wear comfortable clothes that allow for free movement and silence all phones. Try to be on time for class, but coming late and leaving early are permissible to accommodate your work schedules.

Upon arrival, please show Bruin ID and sign-in. Outdoor classes do not meet in rainy weather. All classes subject to change without notice.

**Marc C-Space Classes:**
Yoga and Tai Chi classes also available for Health Systems Employees only at the Mindful Awareness Research Center in the Semel Institute/CHS Building C-Space Class Schedule Available at: [www.marc.ucla.edu/c-space-class-schedule](http://www.marc.ucla.edu/c-space-class-schedule)