

CABLE TV (CH77) & FIOS (CH47) CLASS SCHEDULE

Day	Class	Length	Start time	End Time
Monday	Yoga Intro Part 1	41:52	9:00 AM	9:41 AM
	Yoga Intro Part 2	39:09	9:41 AM	10:21 AM
	Yoga Intro Part 3	42:33	10:21 AM	11:03 AM
	Low Impact Part 1	42:01	11:03 AM	11:45 AM
	Low Impact Part 2	45:13	11:45 AM	12:30 PM
	Low Impact Part 3	40:20	12:30 PM	1:11 PM
	Intro to Internet-Capable Devices	20:48	1:11 PM	1:31 PM
	The World of Video Chat	22:47	1:31 PM	1:54 PM
	Library Card	09:33	1:54 PM	2:04 PM
	5:04	9:00 AM	2:04 PM	
Tuesday	Yoga Beginner Part 1	37:51	9:00 AM	9:37 AM
	Yoga Beginner Part 2	38:42	9:37 AM	10:16 AM
	Yoga Beginner Part 3	38:58	10:16 AM	10:55 AM
	Mens Fitness Part 1	35:52	10:55 AM	11:31 AM
	Mens Fitness Part 2	42:03	11:31 AM	12:13 PM
	Mens Fitness Part 3	36:09	12:13 PM	12:49 PM
	Intro to Internet-Capable Devices	20:48	12:49 PM	1:10 PM
	The World of Video Chat	22:47	1:10 PM	1:33 PM
	Library Card	09:33	1:33 PM	1:42 PM
	4:42	9:00 AM	1:42 PM	
Wednesday	Yoga Intermediate Part 1	39:39	9:00 AM	9:39 AM
	Yoga Intermediate Part 2	35:27	9:39 AM	10:15 AM
	Yoga Intermediate Part 3	31:10	10:15 AM	10:46 AM
	Lite & Gentle Exercise Part 1	42:22	10:46 AM	11:28 AM
	Lite & Gentle Exercise Part 2	39:46	11:28 AM	12:08 PM
	Intro to Internet-Capable Devices	20:48	12:08 PM	12:29 PM
	The World of Video Chat	22:47	12:29 PM	12:51 PM
	Library Card	09:33	12:51 PM	1:01 PM
		4:01	9:00 AM	1:01 PM
Thursday	Toning and Strenthening Part 1	44:04	9:00 AM	9:44 AM
	Toning and Strenthening Part 2	42:17	9:44 AM	10:26 AM
	Breath Stretch Relax Part 1	35:31	10:26 AM	11:01 AM
	Breath Stretch Relax Part 2	35:32	11:01 AM	11:37 AM
	Breath Stretch Relax Part 3	25:57	11:37 AM	12:03 PM
	Spanish Beginner Part 1	28:32	12:03 PM	12:31 PM
	Spanish Beginner Part 2	38:14	12:31 PM	1:10 PM
	Spanish Intermediate Part 1	29:39	1:10 PM	1:39 PM
	Spanish Intermediate Part 2	37:46	1:39 PM	2:17 PM
	Intro to Internet-Capable Devices	20:48	2:17 PM	2:38 PM
	The World of Video Chat	22:47	2:38 PM	3:01 PM
	Library Card	09:33	3:01 PM	3:10 PM
		6:10	9:00 AM	3:10 PM
Friday	Osteoporosis Exercise Part 1	36:44	9:00 AM	9:36 AM
	Osteoporosis Exercise Part 2	39:58	9:36 AM	10:16 AM
	Osteoporosis Exercise Part 3	40:02	10:16 AM	10:56 AM
	Stretch Pilates Part 1	47:20	10:56 AM	11:44 AM
	Stretch Pilates Part 2	39:07	11:44 AM	12:23 PM
	Stretch Pilates Part 3	42:41	12:23 PM	1:05 PM
	Intro to Internet-Capable Devices	20:48	1:05 PM	1:26 PM
	The World of Video Chat	22:47	1:26 PM	1:49 PM
	Library Card	09:33	1:49 PM	1:59 PM
	4:59	9:00 AM	1:59 PM	
Weekend	Yoga Intro Part 1	41:52	9:00 AM	9:41 AM
	Yoga Intro Part 2	39:09	9:41 AM	10:21 AM
	Yoga Beginner Part 1	37:51	10:21 AM	10:58 AM
	Yoga Beginner Part 2	38:42	10:58 AM	11:37 AM
	Yoga Intermediate Part 1	39:39	11:37 AM	12:17 PM
	Yoga Intermediate Part 2	35:27	12:17 PM	12:52 PM
	Low Impact Part 1	42:01	12:52 PM	1:34 PM
	Low Impact Part 2	45:13	1:34 PM	2:19 PM
	Mens Fitness Part 1	35:52	2:19 PM	2:55 PM
	Mens Fitness Part 2	42:03	2:55 PM	3:37 PM
	Toning and Strenthening Part 1	44:04	3:37 PM	4:21 PM
	Toning and Strenthening Part 2	42:18	4:21 PM	5:04 PM
	Breath Stretch Relax Part 1	35:31	5:04 PM	5:39 PM
	Breath Stretch Relax Part 2	35:32	5:39 PM	6:15 PM
	Spanish Beginner Part 1	28:32	6:15 PM	6:43 PM
	Spanish Intermediate Part 1	29:39	6:43 PM	7:13 PM
		10:15:00	9:00 AM	7:15 PM

UPDATED 3/30/2021