

# HEALTH & WELLNESS CLASS SCHEDULE

<b>TIME</b>	<b>CLASS</b>
<b>12:00 - 1:00 PM</b>	<b>Gender Affirming Hair Care &amp; Shaving Tutorial</b> <i>with Lucero Hair &amp; Wellness</i>
<b>1:00 - 1:30 PM</b>	<b>Line Dancing</b> <i>with the Center for Campus Wellness</i>
<b>1:30 - 2:00 PM</b>	<b>Meditation</b> <i>with Maurena Grossman</i>
<b>2:00 - 2:30 PM</b>	<b>Meditation</b> <i>with Maurena Grossman</i>
<b>2:30 - 3:00 PM</b>	<b>Mat Class</b> <i>with Michael Hankins of Maven Strong</i>
<b>3:00 - 3:30 PM</b>	<b>Mat Class</b> <i>with Michael Hankins of Maven Strong</i>
<b>3:30 - 4:00 PM</b>	<b>Yoga</b> <i>with Whitney Warren of Maven Strong</i>
<b>4:00 - 4:30 PM</b>	<b>Stress Care</b> <i>with the Center For Campus Wellness</i>
<b>4:30 - 5:00 PM</b>	<b>Curly Hair Care</b> <i>with Lucero Hair &amp; Wellness</i>
<b>5:00 - 5:30 PM</b>	<b>Yoga</b> <i>with Kristin Vance of Fluid Heart Yoga</i>
<b>5:30 - 6:00 PM</b>	<b>Yoga</b> <i>with Kristin Vance of Fluid Heart Yoga</i>
<b>6:00 - 6:30 PM</b>	<b>Sound Bath</b> <i>with Kristin Vance of Fluid Heart Yoga</i>
<b>6:30 - 7:00 PM</b>	<b>Qigong</b> <i>with Sifu Toni Lock of Chi Moments</i>