

Schedule of Building Wellness Classes 2026

First Monday 6-7pm

Second Tuesday 8-9pm

Third Wednesday 7-8am

Fourth Friday 11am- Noon

Last Saturday 9-10am

January 2026

Mon 5 – 6-7pm

Tues 13 – 8-9pm

Wed 21 – 7-8am

Fri 23 – 11am-noon

Sat 31 – 9-10am

April 2026

Mon 6 – 6-7pm

Tues 14 – 8-9pm

Wed 15 – 7-8am

Fri 24 – 11am-noon

Sat 25 – 9-10am

July 2026

Mon 6 – 6-7pm

Tues 14 – 8-9pm

Wed 15 – 7-8am

Fri 24 – 11am-noon

Sat 25 – 9-10am

October 2026

Mon 5 – 6-7pm

Tues 13 – 8-9pm

Wed 21 – 7-8am

Fri 23 – 11am-noon

Sat 31 – 9-10am

February 2026

Mon 2 – 6-7pm

Tues 10 – 8-9pm

Wed 18 – 7-8am

Fri 27 – 11am-noon

Sat 28 – 9-10am

May 2026

Mon 4 – 6-7pm

Tues 12 – 8-9pm

Wed 20 – 7-8am

Fri 22 – 11am-noon

Sat 30 – 9-10am

August 2026

Mon 3 – 6-7pm

Tues 11 – 8-9pm

Wed 19 – 7-8am

Fri 28 – 11am-noon

Sat 29 – 9-10am

November 2026

Mon 2 – 6-7pm

Tues 10 – 8-9pm

Wed 18 – 7-8am

²Fri 20 – 11am-noon

²Sat 21 – 9-10am

March 2026

Mon 2 – 6-7pm

Tues 10 – 8-9pm

Wed 18 – 7-8am

Fri 27 – 11am-noon

Sat 28 – 9-10am

June 2026

Mon 1 – 6-7pm

Tues 9 – 8-9pm

Wed 17 – 7-8am

Fri 26 – 11am-noon

Sat 27 – 9-10am

September 2026

¹Mon 14 – 6-7pm

Tues 8 – 8-9pm

Wed 16 – 7-8am

Fri 25 – 11am-noon

Sat 26 – 9-10am

December 2026

Mon 7 – 6-7pm

Tues 8 – 8-9pm

Wed 16 – 7-8am

³Fri 18 – 11am-noon

³Sat 19 – 9-10am

¹Doesn't follow schedule due to Labor Day on Monday, Sept 7

²Doesn't follow schedule due to Thanksgiving on Thursday, Nov 26

³Doesn't follow schedule due to Christmas on Friday, Dec 25