

**Corte Madera Small Group  
Schedule:**

**Monday**

9:15am with Joan  
12pm with Rain

**Wednesday**

9:15am with Joan

**\*NEW\* 10:30am with Joan**

12pm with Rain

**Tuesday & Thursday**

7:30am with Tristan

9:15am with Tristan

6pm with Tristan

**Friday**

9:15am with Joan

**\*NEW\* 10:30am with Joan**

**Saturday**

8:30am with Rain

**Novato Team Training Schedule:**

**Monday**

8am Afterburn

6pm Afterburn

**Tuesday**

5:45am Industrial Strength

6pm Industrial Strength

12pm Industrial Strength

**Wednesday**

8am Kinetics

6pm Kinetics

**Thursday**

5:45am Afterburn

6pm Afterburn

**Friday**

8am Industrial Strength

**Saturday**

8:30am Kinetics

**ONLINE ZOOM CLASS SCHEDULE:**

**JUDE'S CLASSES: \*New Meeting IDs\***

**Tues/Thurs 9:30 am Hatha Yoga**

Meeting ID# 864 5541 4423

Password: BeHappy

**Tues/Thurs 12:30 pm Strength + Align**

Meeting ID# 858 4682 3170

Password: BeHappy

**Saturday 11:00 am Strength + Align**

Meeting ID# 891 7432 4066

Password: BeHappy

**JOAN'S GYM TEAM TRAINING**

Monday: 7am & 5pm

Wednesday: 7am & 5pm

Friday: 7am & 5pm (no longer offering 12pm class)

Zoom Meeting ID: 263 467 4451

Password: 821498

Venmo: @Joan-Busby

## **SHARLENE'S HATHA YOGA: \*New Meeting IDs\***

### **Tues/Thurs 9-10am**

#### **Tuesdays 6-7pm**

Join Zoom Meeting

<https://zoom.us/j/93200394934?pwd=WXZxRlQ0UDVxT2p2amhoTVFBNGt6dz09>

Meeting ID: 932 0039 4934

Password: 041582

Donations gratefully accepted:

Venmo: @Sharlene-Schneier

Paypal: [paypal.me/everybodyyoga](https://www.paypal.me/everybodyyoga)

## **TERRI'S ZUMBA**

### **Wednesdays 9:30am**

Join Zoom Meeting

<https://us02web.zoom.us/j/82166720236>

Meeting ID: 82166720236

Password: URawesome

### **Fridays 9:30am**

Join Zoom Meeting

<https://us02web.zoom.us/j/89087152723>

Meeting ID: 89087152723

Password: URawesome

## **OLIVIA'S TABATA CORE**

### **Saturday 9:30am**

Join Zoom Meeting:

<https://zoom.us/j/602418819?pwd=MS84YUNjYU8zSUdUMiVZitRd2tTUT09>

Meeting ID: 602418819

Password: 010242

(Resistance bands recommended)

Donations to: Venmo- @livvirosecastillo, PayPal- [paypal.me/livvirosecastillo](https://www.paypal.me/livvirosecastillo)

## **CHRISTA'S YOGA**

### **Wednesdays 8:30am**

Join Zoom Meeting

<https://zoom.us/j/6057310999?pwd=eE5LQ0w1SmNic3EyZThjTVhIbTNUdz09>

Meeting ID: 605 731 0999

Password: 457761

