



# WEEKLY SCHEDULE

439 W 2nd, Eugene  
541 345.4132

CORE STAR CENTER

## MAIN ROOM

Visit us at [www.corestarcenter.com](http://www.corestarcenter.com)  
for schedule updates and more!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9	9 - 10:15 am <b>Hatha Yoga</b> <i>J. Perry</i>		9 - 10:15 am <b>Hatha Yoga</b> <i>J. Perry</i>		9 - 10:15 am <b>Hatha Yoga</b> <i>J. Perry</i>	9 - 10:15 am <b>Hatha Yoga</b> <i>S. Hazelett</i>	10 - 11:15 pm <b>Fusion Flow</b> <i>Aricha</i>
10		10 - 11 am <b>Yoga with Tim</b>					
11					11 - 12 pm <b>Group Fitness with Tyrone</b>	11 - 1:30 pm <b>Samba Ja'</b>	
12	12 - 1 pm <b>Group Fitness with Tyrone</b>		12 - 1 pm <b>Group Fitness with Tyrone</b>		12 - 1:30 pm <b>TGIF Yoga</b> <i>Lada</i>		
1pm							
2		3:15 - 4 pm <b>Adaptive Taekwondo and Yoga</b> <i>T. Greathouse, Call ahead</i>		3:15 - 4 pm <b>Little Dragons Kickers Club</b> <i>T. Greathouse</i>			
3							
4	4 - 5 pm <b>Kids Taekwondo</b> <i>T. Greathouse</i>	4 - 5 pm <b>Kids Taekwondo</b> <i>T. Greathouse</i>	4 - 5 pm <b>Kids Taekwondo</b> <i>T. Greathouse</i>	4 - 5 pm <b>Kids Taekwondo</b> <i>T. Greathouse</i>	4 - 5 pm <b>Advanced Taekwondo</b> <i>S. Cameron</i>	4:30 - 5:30 pm <b>Capoeira Mandinga</b> <i>Sereia</i>	4 - 5 pm <b>Kung Fu Open Floor</b>
5	5:30 - 6:45 pm <b>Advanced Taekwondo</b> <i>T. Greathouse</i>	5 - 6 pm <b>Advanced Taekwondo</b> <i>T. Greathouse</i>	5:30 - 6:45 pm <b>Advanced Taekwondo</b> <i>T. Greathouse</i>	5 - 6 pm <b>Advanced Taekwondo</b> <i>T. Greathouse</i>	5 - 7 pm <b>Open Floor/ Mastery Class</b>		5:30 - 6:45 pm <b>Zen Meditation</b> <i>Matt Kane</i>
6				6 - 7 pm <b>Integrated Martial Arts: Beginners</b> , <i>Brita</i>			<b>Special Events</b> Call to schedule
7	7 - 8:15 pm <b>Adult Taekwondo</b> <i>T. Greathouse</i>	7 - 8:30 pm <b>Integrated Martial Arts</b> , <i>T. Angolia</i>	7 - 8:15 pm <b>Adult Taekwondo</b> <i>T. Greathouse</i>	7 - 8:30 pm <b>Integrated Martial Arts</b> , <i>T. Angolia</i>			
8	8:30 - 10 pm <b>Samba Ja'</b>		8:30 - 9:30 pm <b>Eugene Shaolin Club</b> <i>Kung Fu, Jones</i>				
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## THE STUDIO

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 am		7 - 8 am <b>Zen Meditation</b> <i>Matt Kane</i>		7 - 8 am <b>Zen Meditation</b> <i>Matt Kane</i>			
8							
9							
10							
11							
12					12 - 12:45 pm <b>Qigong</b> , <i>Serena</i>		
1pm							
2							
3							
4					4 - 5:30 pm <b>Hapkido</b> <i>T. Greathouse</i>		
5			5:30 - 6:30 pm <b>Yoga &amp; Ayurveda</b> <i>Raven</i>	5:30 - 6:30 pm <b>Yoga Recess</b> <i>Adults+Kids Lada</i>			5:30 - 6:45 pm <b>Zen Meditation</b> <i>Matt Kane</i>
6							
7			6:45 - 7:45 pm <b>Capoeira Mandinga</b> <i>Sereia</i>				
8							

**MAIN ROOM SCHEDULE**