



WEEKLY SCHEDULE

439 W 2nd, Eugene

541 345.4132

CORE STAR CENTER

MAIN ROOM

Visit us at www.corestarcenter.com
for schedule updates and more!

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



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THE STUDIO

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

MAIN ROOM SCHEDULE