

SPRING CALENDAR



JANUARY

- 14 MONDAY**
LUNCHTIME YOGA
12 noon-12:45pm
Mondays & Thursdays thru Feb. 11
(No Class Jan. 21)
- 17 THURSDAY**
LUNCHTIME YOGA
12 noon-12:45pm
- 24 THURSDAY**
LUNCHTIME YOGA
12 noon-12:45pm
- 28 MONDAY**
LUNCHTIME YOGA
12 noon-12:45pm
- 30 WEDNESDAY**
WELLNESS TALKS
12 noon-1pm
- 31 THURSDAY**
LUNCHTIME YOGA
12 noon-12:45pm

FEBRUARY

- 4 MONDAY**
LUNCHTIME YOGA
12 noon-12:45pm
Mondays & Thursdays
- 7 THURSDAY**
LUNCHTIME YOGA
12 noon-12:45pm
- 9 SATURDAY**
BOUNCE
7:30-11pm
Tickets on Eventbrite
- 11 MONDAY**
LUNCHTIME YOGA
12 noon-12:45pm
- 12 TUESDAY**
CIRQUE ZUMA ZUMA
7-8:30pm
Tickets on Eventbrite

- 13 WEDNESDAY**
PECHAKUCHA NIGHT
5:30-7:30pm
- 14 THURSDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
Tuesdays & Thursdays thru March 14
(No Class Mar. 7)
- 19 TUESDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
- 21 THURSDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
- 26 TUESDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
- 28 THURSDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
- 28 THURSDAY**
WRIGHT DESIGN SERIES
7pm
FREE Tickets on Eventbrite

MARCH

- 1 FRIDAY**
DANE DANCES! SPRING BENEFIT
7-10:30pm
Tickets on Eventbrite
- 5 TUESDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
Tuesdays & Thursdays
(No Class Mar. 7)

- 12 TUESDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
- 14 THURSDAY**
YOGA FOR BACK & LOWER BODY
12 noon-12:45pm
- 14 THURSDAY**
WRIGHT DESIGN SERIES
7pm
FREE Tickets on Eventbrite
- 19 TUESDAY**
WELLNESS TALKS
12 noon-1pm
- 20 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm
Wednesdays through May 29
(No Class April 10, 24 & May 22)
- 27 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm

APRIL

- 3 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm
Wednesdays through May 29
(No Class April 10 & 24)
- 4 THURSDAY**
WRIGHT DESIGN SERIES
7pm
FREE Tickets on Eventbrite

- 7 SUNDAY**
MINI MEDITATION RETREAT
10:30am-1:30pm
Tickets on Eventbrite
- 11 THURSDAY**
WRIGHT DESIGN SERIES
7pm
FREE Tickets on Eventbrite
- 16 TUESDAY**
WELLNESS TALKS
12 noon-1pm
- 17 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm

MAY

- 1 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm
Wednesdays
(No Class May 22)
- 8 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm
- 15 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm
- 29 WEDNESDAY**
MEDITATION AT MONONA TERRACE
12 noon-12:45pm



MONONA TERRACE
COMMUNITY PROGRAMS

