

SIA Weekly Schedule

7/15 – 7/19

Monday, 7/15	9:00 am - 10:00 am 10:00 am - 12:00 pm	Qigong Games
Tuesday, 7/16	9:00 am - 10:00 am 10:00 am - 12:00 pm	SAIL Mah-Jongg
Wednesday, 7/17	10:00 am – 11:30 am 1:00 pm - 2:00 pm	IT Workshop Slow Flow Yoga
Thursday, 7/18	9:00 am - 10:00 am 10:00 am - 12:00 pm	SAIL Bridge
Friday, 7/19	11:00 am – 12:00 pm	Dance Fitness