

SIA Weekly Schedule

8/12 – 8/16

Monday, 8/12

9:00 am - 10:00 am
10:00 am - 12:00 pm

Qigong
Games

Tuesday, 8/13

9:00 am - 10:00 am
10:00 am - 12:00 pm

SAIL
Mah-Jongg

Wednesday, 8/14

11:00 am – 12:00 pm
1:00 pm - 2:00 pm

SIA Webpage Overview
Slow Flow Yoga

Thursday, 8/15

9:00 am - 10:00 am
10:00 am - 12:00 pm

SAIL
Bridge

Friday, 8/16

11:00 am – 12:00 pm
1:00 pm – 2:30 pm

Dance Fitness
SIA Summer Concert