

**C-Space Schedule****Mar - Apr 2011****Closures/ Comments:**

HOLIDAY: Mar 25- Cesar Chavez Holiday

HOLIDAY:

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check [www.marc.ucla.edu](http://www.marc.ucla.edu) for updates

Free classes:	Open to Semel & Hospital Employees (faculty, staff, academic personnel) yoga, tai chih/qi gong, pilates.
	Closed
Research:	Not Open to public
<b>Community classes:</b>	Mindful Awareness Practices classes ( <a href="http://www.marc.ucla.edu">www.marc.ucla.edu</a> to enroll)

	Sun	Mon	Tue	Wed	Thur	Fri	Sat
5 am							
6 am		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7 am		<b>YOGA, level 1/2 (7-7:50)</b> (Joan)	<b>YOGA and CORE, level 1 (7-7:50)</b> (Corina)	<b>YOGA, level 1/2 (7-7:50)</b> (Joan)	<b>YOGA, level 1 (7-7:50)</b> (Shea)		
8 am		CLOSED	CLOSED	CLOSED	CLOSED		
9 am							
10 am				<b>COMMUNITY CLASS (10-12)</b> Mindful Awareness Practices (MAPs II) (For info: 310-206-7503, <a href="http://marc.ucla.edu">marc.ucla.edu</a> )			<b>COMMUNITY CLASS (10-12)</b> Mindful Awareness Practices (MAPs I) (For info: 310-206-7503, <a href="http://marc.ucla.edu">marc.ucla.edu</a> )
11 am			<b>T'AI CHI/ QI GONG, Level 1 (11:30-12:15p)</b> (Peter)	<b>YOGA, level 2 (12:10-1:10p)</b> (Stephanie)		<b>T'AI CHI/ QI GONG, Level 2 (11-11:45)</b> (Peter)	<b>YOGA, level 2 (12p-1p)</b> (Stephanie)
12 PM		<b>YOGA (12:10p-1:10p)</b> (Stephanie)	CLOSED	<b>YOGA, All levels (1:10-2:10p)</b> (Stephanie)			CLOSED
1 PM		<b>YOGA, level 1/2 (1:15-2:15p)</b> (Stephanie)					
2 PM				CLOSED		<b>RESEARCH (2:15-4:15p)</b> (Not Open to Public)	
3 PM							
4 PM						CLOSED	
5 PM		<b>YOGA, level 2 (5:30-6:30p)</b> (Joan)	<b>YOGA, level 1/2 (5:15-6:15p)</b> (Andrea)	<b>YOGA, level 1/2 (5:30-6:30p)</b> (Joan)			
6 PM		CLOSED	CLOSED				
7 PM			<b>COMMUNITY CLASS (7-9p)</b> Mindful Awareness Practices (MAPs II) (For info: 310-206-7503, <a href="http://marc.ucla.edu">marc.ucla.edu</a> ) ( 1/18/11 to 2/22/11)	<b>COMMUNITY CLASS (7-9p)</b> Mindful Awareness Practices (MAPs I) (For info: 310-206-7503, <a href="http://marc.ucla.edu">marc.ucla.edu</a> ) ( 1/19/11 to 2/23/11)			
8 PM							
9 PM							