



Atlas for Well-being
252 W 29th St – Basement
New York, NY 10001

Community Classes Schedule

Health & Fitness (*Movement, Zones of Regulation, Yoga, Cardio, Intentional Movement*)

Mondays-Fridays: 9:00am - 6:30pm

Saturdays: 12:00pm - 4:00pm

Art (*Peace & Magic Mindfulness & Creative Expression*)

Mondays-Fridays: 9:00am - 6:30pm

Saturdays: 12:00pm - 4:00pm

Sundays: 12:00pm - 4:00pm

Empowerment & Organization

Mondays- Fridays: 9:00am - 11:00am (*Home Ec*)

Mondays- Fridays: 12:00pm - 12:30pm

Mondays - Fridays: 2:00pm - 6:00pm

Poetry & Writing (*Music, Songwriting, Journaling*)

Mondays - Fridays: 11:00am - 12:00pm

Mondays - Fridays: 2:00pm - 6:00pm

Sundays: 12:00pm - 4:00pm

Music

Mondays - Fridays: 12:00pm-12:30pm

Mondays - Fridays: 2:00pm-6:00pm

Sundays: 12:00pm - 4:00pm

Gaming

Weekdays 3:00pm - 6:00pm

Weekends 12:00pm - 4:00pm

Nature & Health

Weekdays 3:00pm - 6:00pm

Weekends 12:00pm - 4:00pm