



Atlas for Well Being  
252 W 29<sup>th</sup> 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

### **Vocational Prep & 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

### **Music**

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

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