



53-37 72<sup>nd</sup> Street - Maspeth, NY 11378  
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## Programming Schedule Winter 2023-2024

### Large Room

|          | MONDAY               | TUESDAY                        | WEDNESDAY  | THURSDAY                                      | FRIDAY   | SATURDAY | SUNDAY                          |
|----------|----------------------|--------------------------------|--|---|--|----------|---------------------------------|
| 8:00 AM  |                      |                                |  |   |  |          |                                 |
| 8:30 AM  |                      |                                |  |   |  |          |                                 |
| 9:00 AM  |                      | Tai Chi<br>9:00 - 10:00        |  |   | Tai Chi<br>9:00 - 10:00                          |          |                                 |
| 9:30 AM  |                      |                                |  | Chair Yoga &<br>Creative Core<br>9:30 - 11:00 |  |          | Big Joe Fitness<br>9:30 - 10:15 |
| 10:00 AM | Art<br>10:00 - 12:00 |                                | Mahjong -<br>Instructional &<br>Free Play<br>10:00 - 12:00 | Drop In Tech Talk<br>11:00 - 12:00            | Senior Strong<br>10:30 - 11:15                   |          |                                 |
| 10:30 AM |                      | Senior Strong<br>10:30 - 11:15 |  |   |  |          |                                 |
| 11:00 AM |                      |                                |  |   |  |          |                                 |
| 11:30 AM |                      |                                |  |   |  |          |                                 |
| 12:00 PM |                      |                                |  |   |  |          |                                 |
| 12:30 PM |                      |                                |  |   |  |          |                                 |
| 1:00 PM  |                      |                                |  |   |  |          |                                 |
| 1:30 PM  |                      |                                |  |   |  |          |                                 |
| 2:00 PM  |                      |                                |  |   |  |          |                                 |
| 2:30 PM  |                      |                                |  |   |  |          |                                 |
| 3:00 PM  |                      |                                |  |   |  |          |                                 |
| 3:30 PM  |                      |                                |  |   |  |          |                                 |
| 4:00 PM  |                      |                                |  |   |  |          |                                 |
| 4:30 PM  |                      |                                |  |   |  |          |                                 |
| 5:00 PM  |                      |                                |  |   |  |          |                                 |
| 5:30 PM  |                      |                                |  |   |  |          |                                 |
| 6:00 PM  |                      |                                |  |   |  |          |                                 |
| 6:30 PM  |                      |                                | Sweat &<br>Swagger/Zumba<br>6:30 - 7:30                    | Big Joe Fitness<br>6:30 - 7:15                |  |          |                                 |
| 7:00 PM  |                      |                                |  |   | Youth Ensemble<br>Theatre Company<br>7:00 - 9:00 |          |                                 |
| 7:30 PM  |                      |                                |  |   |  |          |                                 |
| 8:00 PM  |                      |                                |  |   |  |          |                                 |
| 8:30 PM  |                      |                                |  |   |  |          |                                 |
| 9:00 PM  |                      |                                |  |   |  |          |                                 |

### Toddlers

|          | MONDAY                  | TUESDAY                                  | WEDNESDAY                                | THURSDAY  | FRIDAY |
|----------|-------------------------|--|--|---|--------|
| 9:00 AM  |                         |  |  |   |        |
| 9:30 AM  | Zumbini<br>9:45 - 10:25 | Playgroup<br>2 year olds<br>9:30 - 11:15 | Playgroup<br>2 year olds<br>9:30 - 11:15 | Playgroup<br>Under 2 year olds<br>10:00 - 11:30 |        |
| 10:00 AM |                         |  |  |   |        |
| 10:30 AM |                         |  |  |   |        |
| 11:00 AM |                         |  |  |   |        |
| 11:30 AM |                         |  |  |   |        |
| 12:00 PM |                         |  |  |   |        |