



53-37 72nd Street - Maspeth, NY 11378
 Phone (718) 335-6049 Fax (718) 335-6099

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 9:00 - 10:00			Tai Chi 9:00 - 10:00		
9:30 AM				Chair Yoga & Creative Core 9:30 - 11:00			Big Joe Fitness 9:30 - 10:15
10:00 AM	Art 10:00 - 12:00		Mahjong - Instructional & Free Play 10:00 - 12:00	Drop In Tech Talk 11:00 - 12:00			
10:30 AM		Senior Strong 10:30 - 11:15			Senior Strong 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 & Swagger with Melodie 6:30 - 7:30		Zumba with Melodie 6:30 - 7:30	Big Joe Fitness 6:30 - 7:15	Youth Ensemble Theatre Company 7:00 - 9:00		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							

Toddlers

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