

**Tuesdays and Thursdays**

**1:00 pm – 1:45 pm**

*Dance Theater, Room 351*

Paul Robeson Campus Center

350 Martin Luther King Drive

Newark, NJ 07102

(973) 353-5500 or [hrnewark@newark.rutgers.edu](mailto:hrnewark@newark.rutgers.edu)

# **RU-N Employee Yoga**

## **Fall 2019 Schedule**

| SEPTEMBER |           |    |           |    |    |    | OCTOBER |           |    |           |    |    |    | NOVEMBER |           |    |           |    |    |    | DECEMBER |           |    |           |    |    |    |
|-----------|-----------|----|-----------|----|----|----|---------|-----------|----|-----------|----|----|----|----------|-----------|----|-----------|----|----|----|----------|-----------|----|-----------|----|----|----|
| M         | T         | W  | T         | F  | S  | S  | M       | T         | W  | T         | F  | S  | S  | M        | T         | W  | T         | F  | S  | S  | M        | T         | W  | T         | F  | S  | S  |
|           |           |    |           |    |    | 1  |         | <b>1</b>  | 2  | <b>3</b>  | 4  | 5  | 6  |          |           |    |           | 1  | 2  | 3  |          |           |    |           |    | 1  |    |
| 2         | 3         | 4  | 5         | 6  | 7  | 8  | 7       | <b>8</b>  | 9  | <b>10</b> | 11 | 12 | 13 | 4        | <b>5</b>  | 6  | <b>7</b>  | 8  | 9  | 10 | 2        | <b>3</b>  | 4  | <b>5</b>  | 6  | 7  | 8  |
| 9         | <b>10</b> | 11 | <b>12</b> | 13 | 14 | 15 | 14      | <b>15</b> | 16 | <b>17</b> | 18 | 19 | 20 | 11       | <b>12</b> | 13 | <b>14</b> | 15 | 16 | 17 | 9        | <b>10</b> | 11 | <b>12</b> | 13 | 14 | 15 |
| 16        | <b>17</b> | 18 | <b>19</b> | 20 | 21 | 22 | 21      | <b>22</b> | 23 | <b>24</b> | 25 | 26 | 27 | 18       | <b>19</b> | 20 | <b>21</b> | 22 | 23 | 24 | 16       | <b>17</b> | 18 | <b>19</b> | 20 | 21 | 22 |
| 23        | <b>24</b> | 25 | <b>26</b> | 27 | 28 | 29 | 28      | <b>29</b> | 30 | <b>31</b> |    |    |    | 25       | 26        | 27 | 28        | 29 | 30 |    | 23       | 24        | 25 | 26        | 27 | 28 | 29 |
| 30        |           |    |           |    |    |    |         |           |    |           |    |    |    |          |           |    |           |    |    |    | 30       | 31        |    |           |    |    |    |

Note: **Oct. 24** session is at Dana Library, Room 404.