

Time (Pacific)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7 am	Gokhale Fitness +5-min Q&A	Gokhale Yoga	Gokhale Fitness +5-min Q&A	Gokhale Yoga	Gokhale Fitness +5-min Q&A	Gokhale Fitness +5-min Q&A	
7:30 am							
8 am							
9 am							
9:30 am							
9:45 am	Freestyle Dance Party	Freestyle Dance Party	Freestyle Dance Party	Freestyle Dance Party	Freestyle Dance Party	Freestyle Dance Party	Freestyle Dance Party
10 am	1-2-3 Move	1-2-3 Move	1-2-3 Move	1-2-3 Move	1-2-3 Move	1-2-3 Move	1-2-3 Move
10:15 am	Q&A	Q&A	Q&A	Q&A	Q&A	Q&A	Q&A
10:30 am							
11 am							
12 pm			Moving Meditation + 5-min Q&A				
12:30 pm							
1 pm							
2 pm	Moving Meditation + 5-min Q&A						
2:30 pm							
3 pm		Gokhale Fitness + 5-min Q&A		Gokhale Fitness + 5-min Q&A			
3:30 pm							