

Citywide Training & Staff Development

Human Resources Management

Thursday Wellness Program

[Yoga – Tai Chi – Karate]

12pm-1pm 150 Frank H. Ogawa Classroom #4

Training	Type (Yoga, Karate and Tai Chi)	Date / Time	Location
Wellness Program	Tai Chi 24-Yang	TH 7/11/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Tai Chi 24-Yang	TH 7/18/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	NOT AVAILABLE	TH 7/25/19 12p-1p	
Wellness Program	Shotokan Karate	TH 8/1/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Shotokan Karate	TH 8/8/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Yoga	TH 8/15/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Yoga	TH 8/22/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Tai Chi 24-Yang	TH 9/5/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Tai Chi 24-Yang	TH 9/12/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Shotokan Karate	TH 9/19/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Shotokan Karate	TH 9/26/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Yoga	TH 10/3/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Yoga	TH 10/10/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Tai Chi 24-Yang	TH 10/17/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Tai Chi 24-Yang	TH 10/24/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Shotokan Karate	TH 10/31/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Shotokan Karate	TH 11/7/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Yoga	TH 11/14/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	Yoga	TH 11/21/19 12p-1p	150 FHOP / Classroom #4
Wellness Program	NOT AVAILABLE	TH 11/28/19 12p-1p	