

MINDFULNESS & MOVEMENT

Winter/Spring 2026 Online Class Schedule

JANUARY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NO CLASS	2	3
4	5 Mindfulness & Movement with Jennifer G. 5:00 PM	6 Mindfulness & Movement with Janine H. 5:00 PM	7 Mindfulness & Movement with Jennifer G. 5:00 PM	8 Mindfulness & Movement with Janine H. 5:00 PM	9	10
11	12 Mindfulness & Movement with Jennifer G. 5:00 PM	13 Mindfulness & Movement with Janine H. 5:00 PM	14 Mindfulness & Movement with Jennifer G. 5:00 PM	15 Mindfulness & Movement with Janine H. 5:00 PM	16	17
18	19 NO CLASS	20 Mindfulness & Movement with Janine H. 5:00 PM	21 Mindfulness & Movement with Jennifer G. 5:00 PM	22 Mindfulness & Movement with Janine H. 5:00 PM	23	24
25	26 Mindfulness & Movement with Jennifer G. 5:00 PM	27 Mindfulness & Movement with Janine H. 5:00 PM	28 Mindfulness & Movement with Jennifer G. 5:00 PM	29 Mindfulness & Movement with Janine H. 5:00 PM	30	31

ZOOM CLASS LINKS:

MONDAY & WEDNESDAY classes with Jenn

Click to join: <https://us02web.zoom.us/j/81505385069?pwd=8NC9CTGZfc7ATdYzHSYnFZa1cFITpb.1>

Meeting ID: 815 0538 5069

Passcode: 717320

TUESDAY & THURSDAY classes with Janine:

Click to join: <https://us02web.zoom.us/j/85970834696?pwd=AH AeQ8xWMUHiPHbsTiAiLAnTImzxqS.1>

Meeting ID: 859 7083 4696

Passcode: 824285

For questions or concerns, contact wellness@columbus.k12.oh.us

MINDFULNESS & MOVEMENT

Winter/Spring 2026 Online Class Schedule

FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Mindfulness & Movement with Jennifer G. 5:00 PM	3 Mindfulness & Movement with Janine H. 5:00 PM	4 Mindfulness & Movement with Jennifer G. 5:00 PM	5 Mindfulness & Movement with Janine H. 5:00 PM	6	7
8	9 Mindfulness & Movement with Jennifer G. 5:00 PM	10 Mindfulness & Movement with Janine H. 5:00 PM	11 Mindfulness & Movement with Jennifer G. 5:00 PM	12 Mindfulness & Movement with Janine H. 5:00 PM	13	14
15	16 NO CLASS	17 Mindfulness & Movement with Janine H. 5:00 PM	18 Mindfulness & Movement with Jennifer G. 5:00 PM	19 Mindfulness & Movement with Janine H. 5:00 PM	20	21
22	23 Mindfulness & Movement with Jennifer G. 5:00 PM	24 Mindfulness & Movement with Janine H. 5:00 PM	25 Mindfulness & Movement with Jennifer G. 5:00 PM	26 Mindfulness & Movement with Janine H. 5:00 PM	27	28

ZOOM CLASS LINKS:

MONDAY & WEDNESDAY classes with Jenn

Click to join: <https://us02web.zoom.us/j/81505385069?pwd=8NC9CTGZfc7ATdYzHSYnFZa1cFlTpb.1>

Meeting ID: 815 0538 5069

Passcode: 717320

TUESDAY & THURSDAY classes with Janine:

Click to join: <https://us02web.zoom.us/j/85970834696?pwd=AHAEQ8xWMUHiPHbsTiAiLAnTImzxqS.1>

Meeting ID: 859 7083 4696

Passcode: 824285

MINDFULNESS & MOVEMENT

Winter/Spring 2026 Online Class Schedule

MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Mindfulness & Movement with Jennifer G. 5:00 PM	3 Mindfulness & Movement with Janine H. 5:00 PM	4 Mindfulness & Movement with Jennifer G. 5:00 PM	5 Mindfulness & Movement with Janine H. 5:00 PM	6	7
8	9 Mindfulness & Movement with Jennifer G. 5:00 PM	10 Mindfulness & Movement with Janine H. 5:00 PM	11 Mindfulness & Movement with Jennifer G. 5:00 PM	12 Mindfulness & Movement with Janine H. 5:00 PM	13	14
15	16 Mindfulness & Movement with Jennifer G. 5:00 PM	17 Mindfulness & Movement with Janine H. 5:00 PM	18 Mindfulness & Movement with Jennifer G. 5:00 PM	19 Mindfulness & Movement with Janine H. 5:00 PM	20	21
22	23 Mindfulness & Movement with Jennifer G. 5:00 PM	24 Mindfulness & Movement with Janine H. 5:00 PM	25 Mindfulness & Movement with Jennifer G. 5:00 PM	26 Mindfulness & Movement with Janine H. 5:00 PM	27	28
29	30 Mindfulness & Movement with Jennifer G. 5:00 PM	31 Mindfulness & Movement with Janine H. 5:00 PM				

ZOOM CLASS LINKS:

MONDAY & WEDNESDAY classes with Jenn

Click to join: <https://us02web.zoom.us/j/81505385069?pwd=8NC9CTGZfc7ATdYzHSYnFZa1cFlTpb.1>

Meeting ID: 815 0538 5069

Passcode: 717320

TUESDAY & THURSDAY classes with Janine

Click to join: <https://us02web.zoom.us/j/85970834696?pwd=AHAEQ8xWMUHiPHbsTiAiLAnTImzxqS.1>

Meeting ID: 859 7083 4696

Passcode: 824285

For questions or concerns, contact wellness@columbus.k12.oh.us

MINDFULNESS & MOVEMENT

Winter/Spring 2026 Online Class Schedule

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 NO CLASS	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30			

ZOOM CLASS LINKS:

MONDAY & WEDNESDAY classes with Jenn

Click to join: <https://us02web.zoom.us/j/81505385069?pwd=8NC9CTGZfc7ATdYzHSYnFZaIcFITpb.1>

Meeting ID: 815 0538 5069

Passcode: 717320

TUESDAY & THURSDAY classes with Janine

Click to join: <https://us02web.zoom.us/j/85970834696?pwd=AHAEQ8xWMUHiPHbsTiAiLAnTImzxqS.1>

Meeting ID: 859 7083 4696

Passcode: 824285

For questions or concerns, contact wellness@columbus.k12.oh.us

MINDFULNESS & MOVEMENT

Winter/Spring 2026 Online Class Schedule

MAY 2026						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1	2
3	4 Mindfulness & Movement with Jennifer G. 5:00 PM	5 Mindfulness & Movement with Janine H. 5:00 PM	6 Mindfulness & Movement with Jennifer G. 5:00 PM	7 Mindfulness & Movement with Janine H. 5:00 PM	8	9
10	11 Mindfulness & Movement with Jennifer G. 5:00 PM	12 Mindfulness & Movement with Janine H. 5:00 PM	13 Mindfulness & Movement with Jennifer G. 5:00 PM	14 Mindfulness & Movement with Janine H. 5:00 PM	15	16
17	18 Mindfulness & Movement with Jennifer G. 5:00 PM	19 Mindfulness & Movement with Janine H. 5:00 PM	20 Mindfulness & Movement with Jennifer G. 5:00 PM	21 Mindfulness & Movement with Janine H. 5:00 PM	22	23
24 31	25	26	27	28	29	30

ZOOM CLASS LINKS:

MONDAY & WEDNESDAY classes with Jenn:

Click to join: <https://us02web.zoom.us/j/81505385069?pwd=8NC9CTGZfc7ATdYzHSYnFZa1cFlTpb.1>

Meeting ID: 815 0538 5069

Passcode: 717320

TUESDAY & THURSDAY classes with Janine:

Click to join: <https://us02web.zoom.us/j/85970834696?pwd=AHAEQ8xWMUHiPHbsTiAiLAnTImzxqS.1>

Meeting ID: 859 7083 4696

Passcode: 824285

For questions or concerns, contact wellness@columbus.k12.oh.us