

<b>Week</b>	<b>Date of Live Class (8-10:45 am PT)</b>
1	Fri, January 10
2	Fri, January 17
3	Fri, January 24
4	Fri, January 31
5	Fri, February 7
6	Fri, February 14
7	Fri, February 21
8	Fri, February 28
9	Fri, March 7
10	Fri, March 14