

WEEKLY PROGRAM SCHEDULE

current programming scheduled through the end of September

THE GREEN AT 320

All programs are free and open to the public!

For the fitness programs, we ask that you [register in advance](#), but walk-ups are welcome.

Schedule changes and updates, particularly for weather, are posted on our Instagram @thegreenat320

MONDAY – FRIDAY

8:00 – 7:00 PM

Park Amenities

Enjoy a variety of books, boardgames, lawn games, and picnic blankets available to borrow and use while in the park. There's also foosball and ping pong! Please return equipment before leaving the park.

TUESDAYS

8:00 – 8:45 AM

Run Club

The run club will be your running community focused on the success and progress of the group. The club gathers for a guided 3-mile run through the city twice weekly starting and ending in the park. Free and open to all levels. [Register here](#).

11:00 – 1:00 PM

Lawn Games (open play)

Try your hand at Cornhole, giant Jenga, Kubk, Spikeball, and more with some friendly competition on the Green. Drop in and stay for as long or short as you'd like. If you are interested in joining a league, email 320events@cbre.com.

12:00 – 12:30 PM

Yoga Flow Express

This class, hosted by Fit at 320, focuses on improving flexibility and building strength while developing a strong body-mind-spirit connection by emphasizing the flow of breath. This 30-minute express format is designed for the busy professional. Mats provided. Free and open to all levels. [Register here](#).

5:00 – 5:30 PM

Tai Chi

Perfect this martial art to improve balance, concentration, and self-awareness. Led by Nathan Paulus of Taiji Seed Chicago. All ages and levels welcome. No sign-up required.

5:30 – 6:30 PM

Poetry Readings & Open Mic

Relax on the lawn while listening to 3 different local poets share their work, curated by the Chicago Poetry Center. Feeling brave? Bring your own material to share during the open mic.

Enjoy Happy Hour specials from [Canal Street Eatery](#) between 3-6 PM daily.

WEDNESDAYS

12:00 – 1:00 PM

Performance Art

Enjoy exciting performances from a variety of local dancers, artists, and performers. A part of the City of Chicago's "Year of Chicago Dance" initiative for 2022.

- 1:00 – 1:45 PM** **Photography Workshop**
Learn the basics of taking better photographs, using The Green at 320 as your classroom. Led by Clif Ellis of Vibrant Things Photography & Videography. Please bring your own smartphone or DSLR camera.
- 3:00 – 3:30 PM** **Meditation**
Center yourself mid-work week with a 30-minute guided meditation led by Mary from Vibrant Yoga. Free and open to all levels. No sign-up required.
- 4:00 – 6:00 PM** **Live Music**
Enjoy a beautiful city summer evening with a side of live entertainment from local artists.
Enjoy Happy Hour specials from [Canal Street Eatery](#) between 3-6 PM daily.
- 5:00 – 5:45 PM** **HIIT Bootcamp**
This High Intensity Interval Training class will keep you constantly moving and your heart rate up, putting you up to the ultimate fitness challenge. Focus on strength, balance, stability, core strength, agility, and endurance exercises. This intense class works every part of your body from head to toe. Open to all levels. [Register here.](#)

THURSDAYS

- 7:00 – 7:45 AM** **Sunrise Yoga**
Greet the day with a 45-minute class combining breath-synchronized movements and static poses that focus on alignment. Focus on improving flexibility and building strength while developing a strong body-mind-spirit connection by emphasizing the flow of breath. Open to all levels. [Register here.](#)
- 8:00 – 8:45 AM** **Run Club**
The run club will be your running community focused on the success and progress of the group. The club gathers for a guided 3-mile run through the city twice weekly starting and ending in the park. Free and open to all levels. [Register here.](#)
- 11:30 – 1:30 PM** **Live Music**
Enjoy live entertainment from local artists while you lunch al fresco.
- 1:00 – 1:30 PM** **Intro to Spanish Class**
Are you eager to brush up on rusty grade-school language skills, or miss chatting with other speakers of your language? Immerse yourself in 30 minutes of Spanish-only conversation, guided by Language Loop Chicago. Free and open to all levels.
- 5:00 PM** **Happy Hour Trivia**
Grab some friends and a drink, then settle in for a battle of the wits hosted by Brain Bash Trivia. Team size limited to 6 people. No pre-registration required.
Enjoy Happy Hour specials from [Canal Street Eatery](#) between 3-6 PM daily.