

2017 Break Week 2 Schedule

Recreational Athletics Group Exercise

September 18-22



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Morning</i>						<i>Morning</i>
<i>Afternoon</i>	BODYPUMP™ 12-12:45pm LAUREN RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	BODYPUMP™ 12-12:45pm LAUREN RM 218	<i>Afternoon</i>
		CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218	BODYCOMBAT™ 12:30-1:30pm JOHANNA RM 218	CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218		
<i>Evening</i>	CYCLE 45 5-5:45pm KATIE RM 216	BODYPUMP™ 5:30-6:30pm IAN RM 218	CYCLE 45 5-5:45pm KATIE RM 216	CYCLE 45 5-5:45pm NICOLE RM 216	BARRE 5:30-6:30pm ERIN RM 216	<i>Evening</i>
	BODYCOMBAT™ 6-7pm IAN RM 218	BODYCOMBAT™ 6-7pm APRIL RM 216		POWER YOGA 6-7pm PEGGY RM 218		



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