

2016 Break Week 1 Schedule

Recreational Athletics Group Exercise

September 6-9



Closed Monday, September 5th due to the Holidays.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Morning</i>						<i>Morning</i>
<i>Afternoon</i>		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	YOGA 12-12:45pm ELISE	
<i>Evening</i>		BODYCOMBAT™ 5:30-6:30pm APRIL RM 216	BODYPUMP™ 5:30-6:30pm NICOLE RM 218	CYCLE 45 5-5:45pm NICOLE RM 216	BODYPUMP™ 5:30-6:30pm TANYA RM 218	<i>Evening</i>
		YOGA 6-7pm PEGGY RM 218	HIIT 6-6:45m COLLEEN RM 218	BARRE 6-7pm KATHRYN RM 216		

TMTM