



## DREXEL VIRTUAL REC FALL TERM 2020 (9/21-11/25)

### MONDAY

Class:	Impact	Bootcamp	Impact	Yoga	BodyCombat	Yoga	BodyCombat
Instructor:	Jessika	Steven	Tristan	Trina	Frank	Caraleigh	Angela
Time:	7am	9am	12pm	12pm	12pm	5:30pm	5:30pm

### TUESDAY

Class:	Impact	BodyCombat	Core Conditioning	Zumba	CXWORK Starting 10/6	BodyCombat	Yoga
Instructor:	Caleb	Frank	Johanna	Nadia	Jeffrey	Jeffrey	Caraleigh
Time:	12pm	12pm	12pm	5:30pm	5:30pm	6:15pm	6:15 pm

### WEDNESDAY

Class:	Impact	Bootcamp	Impact	BodyCombat	Yoga	Zumba	BodyCombat	Yoga
Instructor:	Jessika	Steven	Tristan	Johanna	Elise	Nadia	Angela	Caraleigh
Time:	7am	9am	12pm	12pm	12pm	5:30pm	5:30pm	6:15 pm

### THURSDAY

Class:	Impact	Core Conditioning	BodyCombat	Yoga	Bootcamp	CXWORX Starting 10/8	Meditation & Mindful Movement with Monica
Instructor:	Caleb	Johanna	Sara	Caraleigh	Steven	Jeffrey	Monica
Time:	12pm	12pm	12pm	5:30pm	6pm	6:15pm	8:30pm

### FRIDAY

Class:	Impact	Bootcamp	Impact	BodyCombat	BodyCombat	Zumba	Yoga
Instructor:	Jessika	Steven	Tristan	Frank	Sara	Nadia	Caraleigh
Time:	7am	9am	12pm	12pm	5:30pm	5:30pm	5:30pm

### SATURDAY

Class:	BodyCombat			
Instructor:	Angela			
Time:	11am			