

Schedule of Kinesiology Aerobic Fitness Classes (KNAF) - Fall 2012

	Mon	Tue	Wed	Thur
7:00		Cardio Boxing 7:30-8:55		Cardio Boxing 7:30-8:55
8:00	Yoga (KNAC) 8:30 - 10:00	W-107 Brian	Yoga (KNAC) 8:30 - 10:00	W-107 Brian
9:00	W-107 Carly	Walk-Jog 8:30-9:55	W-107 Carly	Walk-Jog 8:30-9:55
10:00	Cardio Boxing 10:00 - 10:50 W-107 Dave	Yoga (KNAC) 10:00 - 11:25	Cardio Boxing 10:00 - 10:50 W-107 Dave	Yoga (KNAC) 10:00 - 11:25
11:00	Stability Ball 11:00 - 12:25	W-107 Kim	Stability Ball 11:00 - 12:25	W-107 Kim
12:00	W-107 Dave	Crosstraining 11:00-12:25	W-107 Dave	Crosstraining 11:00-12:25
1:00	Str-Flex-Tone 1:00-2:25	Walk-Jog 1:00 - 1:50	Str-Flex-Tone 1:00-2:25	Walk-Jog 1:00 - 1:50
2:00	W-107 Juli	Track AI	W-107 Juli	Track AI