

Schedule of Aerobic Classes- Fall 2011

	Mon	Tue	Wed	Thur
8:00		Hatha Yoga 8:00 - 9:25 W-107 Jessica	Walk-Jog 8:30-9:55 Track Kim	Hatha Yoga 8:00 - 9:25 W-107 Jessica
9:00				
10:00	Cardio Boxing 10:00-10:55 W-107 Kim	XTraining 10:00-11:25 G-114 Juli	Hatha Yoga 10:00 - 12:25 W-107 Kim	Cardio Boxing 10:00-10:55 W-107 Kim
11:00	Stability Ball 11:00 - 12:30 W-107 Dave		Stability Ball 11:00 - 12:30 W-107 Dave	XTraining 10:00-11:25 G-114 Juli
12:00				Hatha Yoga 10:00 - 12:25 W-107 Kim
1:00	Cardio Boxing 1:00 - 2:25 W-107 Jessica	Str-Flex-Tone 1:00-2:25 W-107 Juli	Cardio Boxing 1:00 - 2:25 W-107 Jessica	Str-Flex-Tone 1:00-2:25 W-107 Juli
2:00				
6:00	Cardio Boxing 6:00 - 9:10 W-107 Jessica			
7:00				
8:00				
9:00				