

# Group Fitness Room

Fall 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00am-7:30am								7:00am-7:30am
7:30am-8:00am	Wake up Circuit	BODYSTEP	Wake up Circuit	Punk Rope	Wake up Circuit			7:30am-8:00am
8:00am-8:30am	Wake-Up Circuit (8:20)	BODYSTEP	Wake-Up Circuit (8:20)	Punk Rope	Wake up Circuit(8:20)			8:00am-8:30am
8:30am-9:00am								8:30am-9:00am
9:00am-9:30am						Expressions		9:00am-9:30am
9:30am-10:00am						Expressions		9:30am-10:00am
10:00am-10:30am						Expressions	Ballet Folklorico	10:00am-10:30am
10:30am-11:00am						Expressions	Ballet Folklorico	10:30am-11:00am
11:00am-11:30am						Disiac	Ballet Folklorico	11:00am-11:30am
11:30am-12:00pm						Disiac	Ballet Folklorico	11:30am-12:00pm
12:00pm-12:30pm	Zumba	Body Bar Blast	BODYSTEP	Body Bar Blast	Zumba	Disiac	Juggling	12:00pm-12:30pm
12:30pm-1:00pm	Zumba	Body Bar Blast	BODYSTEP	Body Bar Blast	Zumba	Disiac	Juggling	12:30pm-1:00pm
1:00pm-1:30pm		Low & Tone		Low & Tone		Disiac	Juggling	1:00pm-1:30pm
1:30pm-2:00pm		Low & Tone(1:50)		Low & Tone(1:50)		Disiac	Juggling	1:30pm-2:00pm
2:00pm-2:30pm						Triple 8	Expressions	2:00pm-2:30pm
2:30pm-3:00pm						Triple 8	Expressions	2:30pm-3:00pm
3:00pm-3:30pm						Triple 8	Expressions	3:00pm-3:30pm
3:30pm-4:00pm					BodyType	Triple 8	Expressions	3:30pm-4:00pm
4:00pm-4:30pm					BodyType	Triple 8	Expressions	4:00pm-4:30pm
4:30pm-5:00pm					BodyType	PUP	Expressions	4:30pm-5:00pm
5:00pm-5:30pm		Butts & Guts		Butts & Guts	BodyType	PUP	Table Tennis	5:00pm-5:30pm
5:30pm-6:00pm	BODYSTEP	Butts & Guts	Cardio Kickbox	Butts & Guts	Cardio Kickbox	PUP	Table Tennis	5:30pm-6:00pm
6:00pm-6:30pm	BODYSTEP	Zumba	Cardio Kickbox	Zumba	Cardio Kickbox	PUP	Table Tennis	6:00pm-6:30pm
6:30pm-7:00pm	Body Attack	Zumba	Ab Attack/Booty Blaster	Zumba	Fencing	BAC	Table Tennis	6:30pm-7:00pm
7:00pm-7:30pm	Body Attack	Abs (7:20)	Ab Attack/Booty Blaster	Abs (7:20)	Fencing	BAC	Disiac	7:00pm-7:30pm
7:30pm-8:00pm	Ballet Folklorico	Fencing	Body Attack	Shotokan Karate	Fencing	BAC	Disiac	7:30pm-8:00pm
8:00pm-8:30pm	Ballet Folklorico	Fencing	Body Attack	Shotokan Karate	Fencing	BAC	Disiac	8:00pm-8:30pm
8:30pm-9:00pm	Ballet Folklorico	Fencing	Group Fitness	Shotokan Karate	Table Tennis	BAC	Disiac	8:30pm-9:00pm
9:00pm-9:30pm	Ballet Folklorico (9:15)	Fencing	Group Fitness	Shotokan Karate	Table Tennis	BAC	Triple 8	9:00pm-9:30pm
9:30pm-10:00pm	Disiac (9:15)	PU Ballet	Group Fitness	BAC	Table Tennis		Triple 8	9:30pm-10:00pm
10:00pm-10:30pm	Disiac	PU Ballet	Table Tennis	BAC	Table Tennis		Triple 8	10:00pm-10:30pm
10:30pm-11:00pm	Disiac	PU Ballet	Table Tennis	BAC	Table Tennis		Triple 8	10:30pm-11:00pm
11:00pm-11:30pm	Naacho	PU Ballet (11:15)	Table Tennis	BAC	Disiac		Naacho	11:00pm-11:30pm
11:30pm-12:00am	Naacho	BodyType (11:15)	Table Tennis	BAC	Disiac		Naacho	11:30pm-12:00am
12:00am-12:30am	Naacho	BodyType	Legend Dance	Legend Dance	Disiac		Naacho	12:00am-12:30am
12:30am-1:00am	Naacho	BodyType	Legend Dance	Legend Dance	Disiac		Naacho	12:30am-1:00am
Red = Instructional Class			Black = Sport Club			Blue = ODUS		

Effective 9/21/09





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