

Multi-Purpose Room

Fall 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00am-7:30am								7:00am-7:30am
7:30am-8:00am								7:30am-8:00am
8:00am-8:30am	Morning Yoga							8:00am-8:30am
8:30am-9:00am	Morning Yoga							8:30am-9:00am
9:00am-9:30am		Power Yoga (9:15)		Power Yoga (9:15)				9:00am-9:30am
9:30am-10:00am		Power Yoga		Power Yoga		Children's Yoga		9:30am-10:00am
10:00am-10:30am		Power Yoga		Power Yoga		Children's Yoga	PUP	10:00am-10:30am
10:30am-11:00am						BodyHype	PUP (9/21-10/30)	10:30am-11:00am
11:00am-11:30am						BodyHype	PUP	11:00am-11:30am
11:30am-12:00pm						BodyHype	PUP	11:30am-12:00pm
12:00pm-12:30pm						BodyHype	TKD (11/8-on)	12:00pm-12:30pm
12:30pm-1:00pm						Ballet Folklorico	MC's Power Yoga	12:30pm-1:00pm
1:00pm-1:30pm		Vinyasa Yoga		Vinyasa Yoga		Ballet Folklorico	Power Yoga	1:00pm-1:30pm
1:30pm-2:00pm		Vinyasa Yoga		Vinyasa Yoga	TapCats	Ballet Folklorico	Power Yoga (1:45)	1:30pm-2:00pm
2:00pm-2:30pm					TapCats	Ballroom	Kendo	2:00pm-2:30pm
2:30pm-3:00pm					TapCats	Ballroom	Kendo	2:30pm-3:00pm
3:00pm-3:30pm			Fencing		TapCats	Ballroom	Kendo	3:00pm-3:30pm
3:30pm-4:00pm			Fencing		TapCats	Ballroom	Legend Dance	3:30pm-4:00pm
4:00pm-4:30pm	TapCats	TapCats	Fencing	TapCats	TapCats	Taekwondo	Legend Dance	4:00pm-4:30pm
4:30pm-5:00pm	TapCats	TapCats	Fencing	TapCats	TapCats	Taekwondo	Legend Dance	4:30pm-5:00pm
5:00pm-5:30pm	Power Yoga (5:15)	Power Yoga (5:15)	Power Yoga (5:15)	TapCats	TapCats	Taekwondo	Shotokan Karate	5:00pm-5:30pm
5:30pm-6:00pm	Power Yoga	Power Yoga	Power Yoga	TapCats	Ballet Folklorico	Taekwondo	Shotokan Karate	5:30pm-6:00pm
6:00pm-6:30pm	Power Yoga	Power Yoga	Power Yoga	TapCats	Ballet Folklorico	Disiac	Shotokan Karate	6:00pm-6:30pm
6:30pm-7:00pm	Ballroom	Hip Hop		Hip Hop	Ballet Folklorico	Disiac	Shotokan Karate	6:30pm-7:00pm
7:00pm-7:30pm	Ballroom	Hip Hop		Hip Hop	Ballroom	Disiac	Ballroom	7:00pm-7:30pm
7:30pm-8:00pm	Ballroom	Shotokan Karate			Ballroom	Disiac	Ballroom	7:30pm-8:00pm
8:00pm-8:30pm	Ballroom	Shotokan Karate	Tai Chi	Evening Yoga	Ballroom	Triple 8	Ballroom	8:00pm-8:30pm
8:30pm-9:00pm	Taekwondo	Shotokan Karate	Tai Chi	Evening Yoga	Ballroom	Triple 8	Ballroom	8:30pm-9:00pm
9:00pm-9:30pm	Taekwondo	Shotokan Karate	Tai Chi	Evening Yoga (9:15)	Symphoh	Triple 8	TapCats/Symphoh	9:00pm-9:30pm
9:30pm-10:00pm	Taekwondo	BodyHype	Taekwondo	PUP	Symphoh		TapCats/Symphoh	9:30pm-10:00pm
10:00pm-10:30pm	Taekwondo	BodyHype	Taekwondo	PUP	Symphoh		TapCats/Symphoh	10:00pm-10:30pm
10:30pm-11:00pm	Taekwondo	BodyHype (11:15)	Taekwondo	PUP	Symphoh		TapCats/Symphoh	10:30pm-11:00pm
11:00pm-11:30pm	BAC	Symphoh (11:15)	Symphoh	PUP	Naacho		TapCats/Symphoh	11:00pm-11:30pm
11:30pm-12:00am	BAC	Symphoh	Symphoh		Naacho		TapCats/Symphoh	11:30pm-12:00am
12:00am-12:30am	BAC	Symphoh	Symphoh		Naacho		TapCats/Symphoh	12:00am-12:30am
12:30am-1:00am	BAC	Symphoh	Symphoh		Naacho		TapCats/Symphoh	12:30am-1:00am
Red = Instructional Class			Black = Sport Club			Blue = ODUS		

Effective 9/21/09

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