

2017 Break Week Schedule

Recreational Athletics Group Exercise

March 27-31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Morning</i>						<i>Morning</i>
<i>Afternoon</i>	BODYPUMP™ 12-12:45pm LAUREN RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	CORE CONDITIONING 12-12:30pm JOHANNA RM 218	BODYPUMP™ 12-12:45pm LAUREN RM 218	<i>Afternoon</i>
		CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218	BODYCOMBAT™ 12:30-1:30pm JOHANNA RM 218	CARDIO 'N' TONE 12:30-1:30pm JOHANNA RM 218		
<i>Evening</i>	CYCLE 45 4:30-5:15pm KATIE RM 216	CYCLE 5:30-6:15pm NICOLE RM 216	BODYPUMP™ 5:30-6:30pm LAUREN RM 216	CYCLE 45 5:30-6:15pm NICOLE RM 216	BODYPUMP™ 5:30-6:30pm IAN RM 216	<i>Evening</i>
	HIIT 5:30-6:15pm COLLEEN RM 218	VINYASA YOGA 6:30-7:30pm ASHLEY RM 216	BODYCOMBAT™ 6-7pm APRIL RM 218	VINYASA YOGA 6:30-7:30pm ASHLEY RM 218		



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