

2016 Break Week 2 Schedule

Recreational Athletics Group Exercise

September 12-16



	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		<i>Afternoon</i>
	YOGA 12-1pm ELISE RM 216	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>	HIIT 5:30-6:15pm COLLEEN RM 218	BARRE 5-6pm KATHRYN RM 216	CYCLE 45 5-5:45pm LAUREN RM 218			<i>Evening</i>
	YOGA 6-7pm PEGGY	BODYCOMBAT™ 6-7pm IAN RM 216	BODYPUMP™ 5:30-6:30pm NICOLE RM 218			
	ZUMBA 7-8pm MICHELLE REC	CYCLE 45 6:15-7pm NICOLE RM 218	BODYCOMBAT™ 6:30-7:30pm APRIL RM 216			