

FALL 2009 Daily Schedule



Rm 225

	SUN	MON	TUES	WED	THUR	FRI	SAT
6 AM	OPEN FOR USE ↓	Kickboxing (6:15-7:15)		STAR (6:15-7:15)			OPEN FOR USE ↓
7 AM							
8 AM							
9 AM							
10 AM		Aerobics PE Class		Aerobics PE Class		Aerobics PE Class	
11 AM		Aerobics PE Class	Aerobics PE Class	Aerobics PE Class	Aerobics PE Class	Aerobics PE Class	
12 PM		Strength	Spin	Step Interval	Yoga Fusion		
1 PM		Texan Stars	Aerobics PE Class (1:00-2:15)	Texan Stars	Aerobics PE Class (1:00-2:15)	Texan Stars	
2 PM		Texan Stars		Texan Stars		Texan Stars	
3 PM							
4 PM			ZUMBA (4:30-5:30)				
5 PM		Boxing (5:30-6:30)	STAR (5:30-6:30)	Boxing (5:30-6:30)	STAR (5:30-6:30)		
6 PM		Yoga Fusion (6:30-7:30)		Circuit (6:30-7:30)	Boxing (6:30-7:30)		
7 PM							
8 PM							
9 PM							
10 PM							

OPEN FOR USE
 Mon-Thur 7:45pm-CLOSE
 Friday 3:30pm-CLOSE
 Sat-Sun OPEN-CLOSE