



GROUP FITNESS SCHEDULE

FINAL EXAMS: SPRING 2008

Monday, May 5th – Sunday, May 18th



MONDAY 5/5	TUESDAY 5/6	WEDNESDAY 5/7	THURSDAY 5/8	FRIDAY 5/9	SATURDAY 5/10	SUNDAY 5/11
Cycle Jackie 7:30-8:30am	Hatha Yoga Ali B. 8:00-9:00am	Cycle Courtney 7:30-8:30am		Cycle Kayla 7:30-8:30am		
YogaFit™ Natalie 12:10-1:00pm	Vinyasa Yoga Gregory 12:10-1:00pm	Power Yoga Sara O. 12:10-1:00pm	Restorative Yoga & Meditation Natalie 12:10-1:00pm	YogaFit™ Natalie 12:10-1:00pm	Step & Sculpt Stephanie R. 11:00am-12:00pm	
Yin Yang Yoga Jacque 4:00-4:50pm			Muscle Pump Courtney 4:00-4:50pm		Mat Pilates Simone 12:10-1:00pm	Cycle Caroline 12:10-1:00pm
F.I.T. Jessica 5:00-5:50pm	Muscle Pump Stephanie R. 5:30-6:20pm		Abs Courtney 5:00-5:20pm	PiYo™ Katerina 4:00-4:50pm		Power Yoga Sara O. 4:00-4:50pm
Abs Jessica 6:00-6:20pm	TurboKick™ Anita 6:30-7:20pm	Double Step Melinda 6:00-6:50pm	Cycle Sara O. 5:30-6:20pm	TurboKick™ Melinda 5:00-5:50pm	Cycle Pump Jackie 5:00-6:20pm	Hot Cardio Dance Anita 5:00-5:50pm
Zumba™ Cristina 6:30-7:20pm	Abs Anita 7:30-7:50pm	Cycle Kayla 8:00-8:50pm				Abs Anita 6:00-6:20pm
PiYo™ Ali B. 7:30-8:30pm	Advanced Step Melinda 8:00-8:50pm	Relaxation Yoga Jacque 9:00-10:00pm				
MONDAY 5/12	TUESDAY 5/13	WEDNESDAY 5/14	THURSDAY 5/15	FRIDAY 5/16	SATURDAY 5/17	SUNDAY 5/18
Cycle Jackie 7:30-8:30am						
YogaFit™ Natalie 12:10-1:00pm	Vinyasa Yoga Gregory 12:10-1:00pm	Power Yoga Natalie 12:10-1:00pm	Hatha Yoga Ali B. 12:10-1:00pm	YogaFit™ Natalie 12:10-1:00pm	Cycle Caroline 12:10-1:00pm	
Yin Yang Yoga Jacque 4:00-5:15pm	Muscle Pump Stephanie R. 5:30-6:20pm			PiYo™ Katerina 4:00-4:50pm		Hot Cardio Dance Anita 5:00-5:50pm
Zumba™ Cristina 6:30-7:20pm	TurboKick™ Anita 6:30pm-7:20pm	Step & Sculpt Melinda 6:00-6:50pm	Cycle Sara O. 5:30-6:20pm			Abs Anita 6:00-6:20pm
	Abs Anita 7:30-7:50pm	Cycle Caroline 7:00-7:50pm				



☼ Classes are FREE to students on the Foggy Bottom and Mount Vernon Campuses and Lerner Health and Wellness Center members ☼

