

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM		HOLY YOGA 8:30 – 9:30 AM 2 nd Floor Kids Lobby		HOLY YOGA 8:30 – 9:30 AM 2 nd Floor Kids Lobby	
9:00 AM	AEROBIC DANCE 9:00 - 10:00 AM Room 391		AEROBIC DANCE 9:00 - 10:00 AM Room 391		AEROBIC DANCE 9:00 - 10:00 AM Room 391
9:30 AM					
10:00 AM	PILATES 10:15 -11:15 AM Room 391		PILATES 10:15 -11:15 AM Room 391		PILATES 10:15 -11:15 AM Room 391
10:30 AM					
11:00 AM			TAI CHI 11:15 – 12:15 AM Room 391		
11:30 AM					
12:00 PM		YOGA 12:00 – 1:00 PM 2 nd Floor Kids Lobby		YOGA 12:00 – 1:00 PM 2 nd Floor Kids Lobby	
12:30 PM					
1:00 PM					
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM					
5:00 PM					
5:30 PM		AEROBIC DANCE 5:30 – 6:30 PM Room 362		AEROBIC DANCE 5:30 – 6:30 PM Room 362	
6:00 PM					