

|          | MONDAY                                       | TUESDAY                                                       | WEDNESDAY                                    | THURSDAY                                                           | FRIDAY                                       |
|----------|----------------------------------------------|---------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------|----------------------------------------------|
| 8:30 AM  |                                              |                                                               |                                              |                                                                    |                                              |
| 9:00 AM  | AEROBIC DANCE<br>9:00 - 10:00 AM<br>Room 391 |                                                               | AEROBIC DANCE<br>9:00 - 10:00 AM<br>Room 391 | HOLY YOGA<br>9:00 – 10:00 AM<br>Room K, 2 <sup>nd</sup> Floor Kids | AEROBIC DANCE<br>9:00 - 10:00 AM<br>Room 391 |
| 9:30 AM  |                                              |                                                               |                                              |                                                                    |                                              |
| 10:00 AM | PILATES<br>10:15 -11:15 AM<br>Room 391       |                                                               | PILATES<br>10:15 -11:15 AM<br>Room 391       |                                                                    | PILATES<br>10:15 -11:15 AM<br>Room 391       |
| 10:30 AM |                                              |                                                               |                                              |                                                                    |                                              |
| 11:00 AM |                                              |                                                               | TAI CHI<br>11:15 – 12:15 AM<br>Room 391      |                                                                    |                                              |
| 11:30 AM |                                              |                                                               |                                              |                                                                    |                                              |
| 12:00 PM |                                              | YOGA<br>12:00 – 1:00 PM<br>Room K, 2 <sup>nd</sup> Floor Kids |                                              |                                                                    |                                              |
| 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<br>5:30 – 6:30 PM<br>Room 362                   |                                              | AEROBIC DANCE<br>5:30 – 6:30 PM<br>Room 362                        |                                              |
| 6:00 PM  |                                              |                                                               |                                              |                                                                    |                                              |