

Get Fit On Main Campus

W.O. Walker Health and Wellness Center

October 12, 2009 - December 19, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunrise/Sunset Yoga Laura 6:30-7:15 AM	Kickboxing Julia 7:15 - 8:00 AM	Sunrise/Sunset Yoga Laura 6:30-7:15 AM	Cycling Kristy 6:00 - 6:45 AM		Cycling Kristy 9:30-10:15 AM
	Basketball League 6:00-7:30 AM		Basketball League 6:00-7:30 AM		Boot Camp Total Tone Kristy 10:15-11:00 AM
Full Court Basketball 12:00-2:00 PM	Full Court Basketball League 12:00-2:00 PM	Full Court Basketball 12:00-2:00 PM	Full Court Basketball League 12:00-2:00 PM	Full Court Basketball 12:00-2:00 PM	Half Court Basketball 12:00-2:00 PM
			Pilates Julia 5:00-5:45 PM		
Zumba 5:30-6:15 Samira	Cycling Ann 6:15 PM 5:30	Boot Camp Dania 5:30-6:15 PM	Kickboxing Julia 5:45-6:30 PM	Zumba Samira 5:30-6:15	
	Aqua Circuit Barbara 6:30-7:15 PM	STEP Dania 6:30 - 7:15 PM	Aqua Circuit Barbara 5:30-6:15 PM		
			Swim Lessons Barbara 6:30-7:15 PM		
Full Court Basketball 6:30-7:45 PM	Table Tennis League 5:30-7:45 PM	Volleyball League 5:00-7:45 PM	Full Court Basketball League 6:30-7:45 PM	Full Court Basketball 6:30-7:45 PM	