

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Step Seaton 132 12:10-12:50	Health & Happiness Seaton 130 12:10-12:50	Cardio Step Seaton 132 12:10-12:50	Health & Happiness Seaton 130 12:10-12:50	Instructor's Choice Seaton 132 12:10-12:50	Yoga 9-10:30 AM Barker Hall
Toning & Sculpting Barker Hall 12:10-12:50	Basic Yoga Barker Hall 12:10-12:50	Toning & Sculpting Barker Hall 12:10-12:50	Basic Yoga Barker Hall 12:10-12:50	Toning & Sculpting Barker Hall 12:10-12:50	
Power Yoga Seaton 207 12:10-12:50	AquaJog LAC 12:15-12:45	Pilates Seaton 207 12:10-12:50	AquaJog LAC 12:15-12:45		
Zumba Barker Hall 5:30-6:15	Bootcamp Seaton 130 5:30-6:30	Zumba Barker Hall 5:30-6:15	Bootcamp Seaton 130 5:30-6:30		
Deep Water Works LAC 5:30-6:15		Deep Water Works LAC 5:30-6:15			
Yoga A Seaton 207 5:15-6:30		Yoga B Seaton 207 5:15-6:30	Meditation 5:15-6:30 Seaton 207		
	Tai Chi CTW 405 5:15-6:15		Tai Chi CTW 405 5:15-6:15		