

Memorial Day | Monday, May 25, 2015

Time	Class	Instructor	Location
7:10am – 7:55am	Spin	Karolina	Group Exercise Studio
8:00am – 8:55am	Les Mills Body Pump	Karolina	Group Exercise Studio
8:30am – 9:25am	Flow Yoga	Natalie	Room 140
8:30am – 9:25am	Zumba	Ramon	Dance Studio
9:00am – 9:25am	Les Mills CXWORX	Karolina	Group Exercise Studio
10:00am – 10:55am	30/30	Jan	Group Exercise Studio
11:00am – 11:55am	Stretch	Jan	Group Exercise Studio
11:30am – 12:25am	Zumba Toning	Ramon	Dance Studio
12:00pm – 12:55pm	Les Mills Body Pump	Laurie	Group Exercise Studio
1:00pm – 1:55pm	Balance with Strength	Luci	Group Exercise Studio
1:00pm – 1:45pm	Aqua Flex and Stretch	Roz	Indoor Pool
1:00pm – 1:55pm	Flow Yoga	Laurie	Dance Studio