Total Aerobics Room Usage -Spring 2013

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:15							
6:30							
6:45							
7:00				7:00-8:00			
7:15				Spining:			
7:30		7:30-8:45		Morning Madness	7:30-8:45		
7:45		HFIT 163.1		Kelly C.	HFIT 163.1		
8:00		Yoga			Yoga		
8:15							
8:30							
8:45							
9:00	8:55-10:10	8:55-10:10	9:00-10:00	8:55-10:10	8:55-10:10		
9:15	HFIT 170.5	197.1	Boot Camp	HFIT 170.50	197.1		
9:30	Cross Training	Group Ex	Jacquelyne	Cross Training	Group Ex		
9:45							
10:00							
10:15	10:20-11:35	10:20-11:35		10:20-11:35	10:20-11:35		
10:30	Yoga	197.2		HFIT 163.4	197.2		
10:45		Group Ex		Yoga	Group Ex		
11:00							
11:15							
11:30							
11:45							
12:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00		12:00-1:00
12:15	Yoga	IP Tai Chi	Cycle & Sweat	IP Tai Chi	Total Body Adventure		Yoga
12:30	Brigid	Nick	Katy	Nick	Jacquelyne		Shannon
12:45							
1:00	1:10-2:25	1:10-2:25	1:10-3:50	1:10-2:25	1:10-2:25		
1:15	HFIT 163.2	HFIT 170.6	HFIT 125.1	HFIT 163.2	HFIT 170.6		
1:30	Yoga	Yogalates	Personal Def	Yoga	Yogalates		
1:45							
2:00							
2:15							
2:30							
2:45	2:35-3:50	2:45-3:45		2:35-3:50	2:45-3:45		
3:00	HFIT 163.3	Yogalates		HFIT 163.3	Yogalates		3:00-4:00
3:15	Yoga	Christina P.		Yoga	Christina P.		Spinning:
3:30							Afternoon Acceleration
3:45							Kelly C.
4:00	4:00-5:15	4:00-5:00	4:00-5:15				
4:15	120.1	Cycle Express/	120.1				4:15 - 5:45
4:30	Martial Arts	Butts & Guts	Martial Arts				SPIRIT
4:45		Katy					
5:00							
5:15							
5:30	5:25-6:00	5:30-6:30	5:25-6:00	5:30-6:30			
5:45	HFIT 120.2	IP Yoga	HFIT 120.2	IP Yoga			
6:00	Martial Arts	Chrstina C.	Martial Arts	Christina C.			6:00-7:00
6:15							Zumba
6:30							Abigail
6:45	6:45-8:00		6:45-8:00				
7:00	HFIT 121.1	7:00-8:00	HFIT 121.1	7:00-8:00			
7:15	Martial Arts	Pilates	Martial Arts	Pilates	7:00 - 9:00		
7:30		Leah		Intermediate	SPIRIT		
7:45				Leah			
8:00							
8:15	8:15-9:15	8:15-9:15	8:15 - 9:45	8:15-9:15			
8:30	Zumba	Zumba	AU IN MOTION	Zumba			
8:45	Lauren	Zuzu		Zuzu			
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							