Jacobs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:15							
6:30							
6:45							
7:00							
7:15	7:15-8:15 Spinning Kaitlyn	7:00-8:00 Body Toning AHealthyU	7:00-8:00 Spinning Kelly	7:00-8:00 Throwback Thursday AHealthyU	7:00-8:00 Bootcamp AHealthyU		
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	8:55-10:10 Cross Training 230.01	8:55-10:10 Group Aerobics 197.01		8:55-10:10 Cross Training 230.01	8:55-10:10 Group Aerobics 197.01		
9:15							
9:30							
9:45							
10:00						10:00-11:00 Zumba Lauren	
10:15							
10:30		10:20-11:35 Group Aerobics 197.02	10:30-11:30 Spinning		10:20-11:35 Group Aerobics 197.02		
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15	12:00-1:00 Pilates AHealthyU	12:00 - 1:00 IP Tai Chi Nick	12:00 - 1:00 Cycle & Tone Katy	12:00 - 1:00 IP Tai Chi Nick	12:00-1:00 Yoga AHealthyU		12:00-1:00 Yoga Jin
12:30							
12:45							
1:00							
1:15							
1:30	1:10-2:25 Yoga 163.01	1:10-2:25 Yoga 163.04	1:15-3:45 Personal Defense 125.02	1:10-2:25 Yoga 163.01	1:10-2:25 Yoga 163.04		
1:45							
2:00							
2:15							
2:30							
2:45							
3:00	2:35-3:50 Yoga 163.02			2:35-3:50 Yoga 163.02	2:30-3:30 Spinning Kaitlyn		
3:15							
3:30							
3:45							
4:00							
4:15	4:00 - 5:15 B. Martial Arts 120.01		4:00-5:15 B. Martial Arts 120.01	4:00-5:00 Cycle & AA Katy			
4:30							
4:45							
5:00							
5:15							
5:30	5:25-6:40 B. Martial Arts 120.02	5:30-6:30 IP Yoga Christina	5:25-6:40 B. Martial Arts 120.02	5:30-6:30 IP Yoga Christina			
5:45							
6:00							
6:15							
6:30							
6:45	6:45-8:00 I. Martial Arts 121.01		6:45-8:00 I. Martial Arts 121.01		6:30-8:30 Open for Student Groups		6:00 - 10:00 Open for Student Groups
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30			8:30-10:30 Spirit				
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30			Open for Student Groups				
10:45							
11:00							
11:15							
11:30							

Rec Sports & Fitness Group Exercise
Rec Sports & Fitness Instructional Program
Academic
AHealthyU

Cassell Studio A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	8:55-10:10 Total Body	8:55-10:10 Cross Training 230.02	9:00-10:00 Relaxation Yoga Brigid combined	8:55-10:10 Total Body	8:55-10:10 Cross Training 230.02		
9:15							
9:30							
9:45							
10:00							
10:15							
10:30					10:30-11:30 Yoga Amy combined		
10:45	10:20-11:35 Total Body			10:20-11:35 Total Body			
11:00							
11:15							
11:30							
11:45							
12:00							
12:15	12:00-1:00 IP Yoga Eva	12:00-1:00 Sculpt & Tone Jacquelyne	12:00-1:00 IP Yoga Eva	12:00-1:00 Kickboxing Julie	12:30-1:00 Extreme Abs Jacquelyne combined		
12:30							
12:45							
1:00							
1:15							
1:30	1:15-2:15 Total Body Julie						
1:45		Dance Lab 1:10-2:25		Dance Lab 1:10-2:25			
2:00							
2:15							
2:30							
2:45							
3:00	Dance Lab 2:35-3:50						
3:15							
3:30							
3:45				2:30-3:30 Boot Camp Megan combined			
4:00							
4:15		3:30-4:30 Boot Camp Megan combined					
4:30	4:00-5:00 Pilates Leah combined						
4:45							
5:00							
5:15							
5:30	5:30-6:30 Zumba AHealthyU	5:30-6:30 Zumba Lauren	5:30-6:30 Zumba AHealthyU	ATH/REC combined			
5:45							
6:00							
6:15					Dance Prod. Rehearsals		
6:30							
6:45							
7:00					Choreolab		
7:15							
7:30	7:00-8:00 Zumba Abigail combined		7:00-8:00 Belly Dance Abigail combined		5:30-10:00		
7:45							
8:00							
8:15							
8:30	8:30-9:30 IP Karate combined	8:15-9:15 Zumba Zuzu combined	8:30-9:30 IP Karate combined	8:15-9:15 Zumba Zuzu combined			
8:45							
9:00							
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45							
11:00							
11:15							
11:30							

Rec Sports & Fitness Group Exercise
Rec Sports & Fitness Instructional Program
Academic
AHealthyU

Cassell Studio B

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30		7:30 - 8:45 Yoga 163.03			7:30 - 8:45 Yoga 163.03		
7:45							
8:00							
8:15							
8:30							
8:45							
9:00	8:55-10:10 Yoga 163.05	8:55-10:10 ACAD (lab)	9:00-10:00 Relaxation Yoga Brigid combined	8:55-10:10 Yoga 163.05	8:55-10:10 ACAD (lab)		
9:15							
9:30							
9:45							
10:00							
10:15							
10:30		Dance Lab 10:20-11:35			10:30-11:30 Yoga Amy combined		
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15		12:00-1:00 Yoga AHealthyU		12:00-1:00 Meditation AHealthyU	12:30-1:00 Extreme Abs Jacquelyne combined		
12:30							
12:45							
1:00							
1:15							
1:30	1:10-2:25 Group Aerobics 197.03			1:10-2:25 Group Aerobics 197.03			
1:45							
2:00							
2:15							
2:30				2:30-3:30 Boot Camp Megan combined			
2:45							
3:00							
3:15							
3:30		3:30-4:30 Boot Camp Megan combined					
3:45							
4:00							
4:15							
4:30	4:00-5:00 Pilates Leah combined						
4:45							
5:00							
5:15							
5:30		ACAD					
5:45							
6:00							
6:15					Dance Prod. Rehearsals		
6:30							
6:45							
7:00					Choreolab		
7:15	7:00-8:00 Zumba Abigail combined		7:00-8:00 Belly Dance Abigail combined		5:30-10:00		
7:30							
7:45							
8:00							
8:15							
8:30	8:30-9:30 IP Karate combined	8:15-9:15 Zumba Zuzu combined	8:30-9:30 IP Karate combined	8:15-9:15 Zumba Zuzu combined			
8:45							
9:00							
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11:00							
11:15							
11:30							

Rec Sports & Fitness Group Exercise
Rec Sports & Fitness Instructional Program
Academic
AHealthyU

Katzen Dance Studio, 152

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
6:15							
6:30							
6:45							
7:00							
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7:45							
8:00							
8:15							
8:30							
8:45							
9:00	8:55-10:10 Modern Dance II	8:55-10:10 Advanced Ballet		8:55-10:10 Modern Dance II	8:55-10:10 Advanced Ballet		
9:15							
9:30							
9:45							
10:00							
10:15							
10:30							
10:45	10:20-11:35 Dance I	10:20-11:35 Ballet		10:20-11:35 Dance I	10:20-11:35 Ballet		
11:00							
11:15							
11:30							
11:45							
12:00							
12:15	11:45-1:00 Dance III	11:45-1:00 Ballet		11:45-1:00 Dance III	11:45-1:00 Ballet		
12:30							
12:45							
1:00							
1:15							
1:30	1:10-2:25 Dance & Society	1:10-2:25 Dance & Society		1:10-2:25 Dance & Society	1:10-2:25 Dance & Society		
1:45							
2:00							
2:15							
2:30							
2:45							
3:00	2:35-3:50 Jazz	2:35-3:50 Jazz	2:35-3:50 Dance	2:35-3:50 Jazz	2:35-3:50 Jazz		
3:15							
3:30							
3:45							
4:00							
4:15							
4:30	4:00-5:15 Dance	4:00-5:15	4:00-5:15	4:00-5:15	4:00-5:15		
4:45							
5:00							
5:15							
5:30							
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15	5:30-10:30 Dance rehearsals	5:30-10:30 Dance rehearsals	5:30-10:30 Dance rehearsals	5:30-10:30 Dance rehearsals	5:30-10:30 Dance rehearsals		
7:30							
7:45							
8:00							
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Future Lab

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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6:15							
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6:45							
7:00							
7:15							
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7:45							
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8:15							
8:30							
8:45							
9:00		8:55-10:10 ACAD			8:55-10:10 ACAD		
9:15							
9:30							
9:45							
10:00							
10:15			ACAD 10:20-12:50				
10:30							
10:45							
11:00							
11:15							
11:30							
11:45							
12:00							
12:15		ACAD 11:45-1			ACAD 11:45-1		
12:30							
12:45							
1:00							
1:15							
1:30							
1:45							
2:00							
2:15							
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3:45							
4:00							
4:15							
4:30							
4:45							
5:00							
5:15							
5:30		ACAD 5:30-8					
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
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