

Fitness Center Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am Tai Chi	6:00am Yoga	7:30am Yoga Stretching	8:00am Yoga	6:00am Flow Yoga	7:00am Yoga	9:00am Aerobics
8:00am Chi Gong	7:30am Mat Pilates	8:00am Yoga Stretching	9:00am Anusura Yoga	7:30am Mat Pilates	8:00am Aerobics	10:00am Body Sculpting
8:30am Yoga	8:30am Body Conditioning	1:00pm Aerobics	6:00pm Yoga	8:30am Tai Chi	9:00am Body Sculpting	
1:00pm Aerobics	6:00pm Aerobics	2:00pm Body Sculpting	7:00pm Yoga	1:00pm Aerobics	10:00am Yoga	
2:00pm Body Sculpting		6:00pm Yoga			11:00am Kickboxing	
6:00pm Yoga		7:00pm Mat Pilates			12:00pm Mat Pilates	
7:00pm Kickboxing		8:00pm Yoga			1:00pm Yoga	
8:00pm 1/2 Hr Cool Down						