

Campus Fitness 2011

Mondays - Terra

11:40 - 12:20 (Cardio/Strength)

12:40 - 1:20 (Cardio/Strength)

4:30 - 5:30 (Boot Camp)

January 10, 17, 24, 31

February 7, 14, 21, 28

March 7, 14, 21, 28

April 4, 11, 18, 25

Tuesdays

11:40 - 12:20 - Robert (Tabata)

12:40 - 1:20 - Robert (Tabata)

4:45-5:45 Gwen (Power Yoga)

January 11, 18, 25,

February 1, 8, 15, 22

March 1, 8, 12, 22, 29

March 5, 12, 19, 26

Wednesdays - Terra

11:40 - 12:20 (Cardio/Strength)

12:40 - 1:20 (Cardio/S Strength)

4:30 - 5:30 (Boot Camp)

January 12, 19, 26

February 2, 9, 16, 23

March 2, 9, 16, 23, 30

April 6, 13, 20, 27

Thursdays

11:40 - 12:20 - Kathleen (Cardio/Strength)

12:40 - 1:20 - Kathleen (Stretch)

4:30 - 5:30 - Lil (Power Yoga)

January 20, 27

February 3, 10, 17, 24

March 3, 10, 17, 24, 31

April 7, 14, 21, 28

Fridays - Lil

11:40 -12:20 (Dance Your Buns Off)

12:40-1:20 (Dance Your Buns Off)

January	14, 21, 28
February	4, 11, 18, 25
March	4, 11, 18, 25
April	1, 15, 22, 29