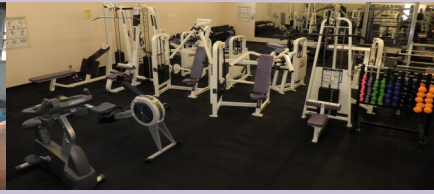
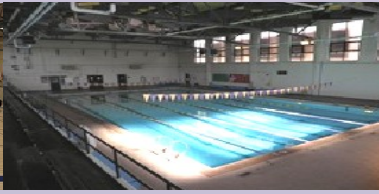
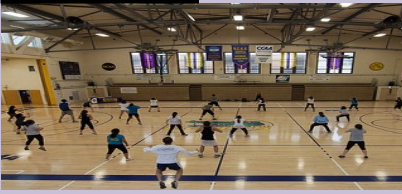


Spring Schedule Jan. 23rd - May 16th 2017



SWIMMING

(Gym 121 - Pool)
Mon.-Thurs. 12-6pm
Fri. 12-3pm

VOLLEYBALL

(Gym 100 - Main Gym)
Tues. & Thurs. 12-2pm

INDOOR SOCCER

(Gym 147 - Small Gym)
Thurs. 9-11pm

WEIGHT ROOM

(Gym 148 - Weight Room)
Mon. & Wed. 12-2pm
Mon.-Thurs. 4-9pm
Tues. & Thurs. 12-1pm
Fri. 12-3pm
Sun 7-9pm

BADMINTON

(Gym 147 - Small Gym)
Thurs. 7-9pm & Fri. 12-2pm

BASKETBALL

(Gym 100 - Main Gym)
Mon. Wed. & Fri. 12-2pm
Tues. Thurs. & Sun. 7-9pm

Monday

Kripalu Yoga

12:10 - 1pm

Burk Hall 6

Jacalyn

(Faculty/Staff Only)

Hatha Yoga

12:10 - 1pm

Gym147 / Adair

Piyo

1:10-2pm

Gym149 / Adair

Restorative Yoga

6:10-7pm

Burk Hall 6 / Elsa

Tuesday

Hatha Yoga

12:10 - 1pm

Burk Hall 6

Michele

(Faculty/Staff Only)

Zumba

12:10 - 1pm

Gym147 / Anita

Piyo

12:10 - 1pm

Gym149 / Adair

Gentle Flow

1:10pm - 2pm

Gym147 / Adair

Intermediate

Pilates

1:10 - 2pm

Gym149 / Michele

Wednesday

Kripalu Yoga

12:10 - 1pm

Burk Hall 6

Jacalyn

(Faculty/Staff Only)

Functional Yoga

12:10 - 1pm

Gym147 / Elsa

Hatha Yoga Flow

1:10 - 2pm

Gym149 / Peter

Vinyasa Yoga

6:10 - 7pm

Burk Hall 6 /

Laura N

Core Yoga

7:10 - 8pm

Gym149 / Michele

Thursday

Hatha Yoga Flow

12:10 - 1pm

Burk Hall 6

Peter

(Faculty/Staff Only)

Zumba

12:10 - 1pm

Gym147 / Rashan

Vinyasa Yoga

12:10 - 1pm

Gym149 / Elsa

Friday

Gentle Restorative Flow

12:10 - 1pm

Burk Hall 6

Peter

(Faculty/Staff Only)

Vinyasa Yoga

12:10 - 1pm

Gym149 / Elsa