



## CLASS SCHEDULE FALL 2009 - WINTER 2010

	M	T	W	T	F	S
<b>5:30am</b>		Yoga				
<b>6am</b>	U-Fit	RUN 101	U-Fit	Boombox	RUN 101	
<b>7am</b>	Beg. Thai Boxing					Spin-Box
<b>8:15am</b>	U-Fit	Boombox	TRX/Squeeze	Boombox	U-Fit	Boombox
<b>9:30am</b>	Spin-Box	Boombox	Spin-Box	Boombox	Spin-Box	Boombox
<b>10:30am</b>						Butt & Abs
<b>10:45am</b>		TRX		Squeeze		
<b>11:30am</b>						Adv. Thai Boxing
<b>6:30pm</b>	Boombox	Spin-Box	Boombox			

\*All classes are one hour in length. Class offerings, class schedules, and available trainers are subject to change.