

5TH FLOOR MAIN EXERCISE ROOM										
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6:00-6:30	<b>Open Rec</b>	<b>Open Rec</b>	<b>Open Rec</b>	<b>Open Rec</b>	<b>Open Rec</b>	<b>Open at 9:30</b>	<b>Open at 9:30</b>	6:00-6:30		
6:30-7:00								6:30-7:00		
7:00-7:30								7:00-7:30		
7:30-8:00								7:30-8:00		
8:00-8:30								8:00-8:30		
8:30-9:00								8:30-9:00		
9:00-9:30								9:00-9:30		
9:30-10:00	<b>Open Rec</b>		<b>Open Rec</b>					9:30-10:00		
10:00-10:30								10:00-10:30		
10:30-11:00		<b>POSTPARTUM</b>		<b>POSTPARTUM</b>		<b>CLUB SPORTS</b> Badminton 10:00-12:30	<b>Swiss Badminton</b>	10:30-11:00		
11:00-11:30		<i>Cowlin. 10:30-11:30a</i>		<i>Cowlin. 10:30-11:30a</i>			<b>10-12pm</b>	11:00-11:30		
11:30-12:00								11:30-12:00		
12:00-12:30		<b>PRENATAL</b>	<b>Pickle Ball</b>	<b>PRENATAL</b>		<b>Open Rec</b>		12:00-12:30		
12:30-1:00		<i>Cowlin. 12-1</i>	<b>12-1pm</b>	<i>Cowlin. 12-1</i>			12:30-1:00			
1:00-1:30						<b>CLUB SPORTS</b>		1:00-1:30		
1:30-2:00							<b>Ball Room</b>	1:30-2:00		
2:00-2:30								2:00-2:30		
2:30-3:00							<b>1:00-3:30</b>	2:30-3:00		
3:00-3:30								3:00-3:30		
3:30-4:00								3:30-4:00		
4:00-4:30	<b>Pilates</b>		<b>Pilates</b>		<b>CLUB SPORTS</b> <b>Wushu 4:00-6:00</b>	<b>ADAY</b>	<b>ADAY</b>	4:00-4:30		
4:30-5:00	<i>Riegelmann 4:00 -5:00</i>		<i>Riegelmann 4:00 -5:00</i>					4:30-5:00		
5:00-5:30	<b>Boot Camp</b>	<b>Shred &amp; Sculpt</b>	<b>Boot Camp</b>	<b>Shred &amp; Sculpt</b>	<b>CLUB SPORTS</b> Ballroom			<b>4:00-8:00p</b>	<b>4:00-8:00p</b>	5:00-5:30
5:30-6:00	<i>Riegelmann 5:00-6:00</i>	<i>D'Eugenio 5:15-6:15p</i>	<i>Riegelmann 5:00 -6:00</i>	<i>D'Eugenio 5:15-6:15p</i>						5:30-6:00
6:00-6:30	<b>Body Blitz</b>		<b>Kettlebell</b>							6:00-6:30
6:30-7:00	<b>Chu 6:00-7:00p</b>	<b>Zumba</b>	<i>Justin 6:00-7:00p</i>	<b>Zumba</b>	6:30-7:00					
7:00-7:30	<b>Hip Hop</b>	<i>Garvin 6:30-7:30</i>	<b>High Intensity</b>	<i>Garvin 6:30-7:30</i>	7:00-7:30					
7:30-8:00	<b>Shakur 7:00p-8:00p</b>	<b>PILATES MAT</b>	<i>7:00-8:00p</i>	<b>PILATES MAT</b>	<b>6:00-8:00</b>			7:30-8:00		
8:00-8:30	<b>CLUB SPORTS</b> Badminton 8:00-11:00	<i>Terrace 7:30-8:30</i>	<b>CLUB SPORTS</b>	<i>Terrace 7:30-8:30</i>					8:00-8:30	
8:30-9:00		<b>TANGO beg</b>	<b>Wushu 8:00-9:00</b>	<b>CLUB SPORTS</b>				8:30-9:00		
9:00-9:30		<b>J.Phelps.</b>	<b>Swiss Badminton</b>	<b>Badminton</b>				9:00-9:30		
9:30-10:00		<b>8:30-10:00</b>	<b>9:00-10:00</b>	<b>9:00-11:00</b>				9:30-10:00		
10:00-10:30								10:00-10:30		
10:30-11:00								10:30-11:00		