

PWG 6TH FLOOR EXERCISE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00-6:30								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								9:30-10:00
10:00-10:30								10:00-10:30
10:30-11:00		Yale Bulldog Yoga 10:15 -1:45pm				Yale Bulldog Yoga 10:15 -1:45pm		10:30-11:00
11:00-11:30								11:00-11:30
11:30-12:00								11:30-12:00
12:00-12:30								12:00-12:30
12:30-1:00								12:30-1:00
1:00-1:30								1:00-1:30
1:30-2:00		EXPLO - Zumba 1:45-3:30	EXPLO - Zumba 1:30-3:30	EXPLO - Zumba 1:30-3:30	EXPLO - Zumba 1:30-3:30	EXPLO - Zumba 1:45-3:30		1:30-2:00
2:00-2:30								2:00-2:30
2:30-3:00								2:30-3:00
3:00-3:30								3:00-3:30
3:30-4:00								3:30-4:00
4:00-4:30								4:00-4:30
4:30-5:00								4:30-5:00
5:00-5:30			HATHA YOGA		Dive Haven 4:00-6pm	Dive Haven 4-6pm		5:00-5:30
5:30-6:00		SHOTAKAN Elkin 5:30-7:00p	Shansky 5:15-6:15p	SHOTAKAN Elkin 5:30-7:00p				5:30-6:00
6:00-6:30								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			Salsa, Beg. 7-8p					8:00-8:30
8:30-9:00			Salsa, inter/adv 8-9p					8:30-9:00
9:00-9:30								9:00-9:30
9:30-10:00								9:30-10:00

SUMMER 2018
May 14 to August 10