

Fitness Classes Fall 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Body Pump</p> <p>5:00 p.m.</p> <p>Group Fitness Room</p> <p>Body Combat</p> <p>6:00 p.m.</p> <p>Group Fitness Room</p> <p>Night Light Yoga</p> <p>7:30 p.m. & 8:45 p.m.</p> <p>Linehan Chapel</p>	<p>Mid- Day Yoga</p> <p>12:10 p.m.</p> <p>Group Fitness Room</p> <p>Zumba</p> <p>6:00 p.m.</p> <p>Group Fitness Room</p>	<p>Body Combat</p> <p>7:00 a.m.</p> <p>Group Fitness Room</p> <p>Body Pump</p> <p>6:00 p.m.</p> <p>Group Fitness Room</p> <p>Night Light Yoga</p> <p>7:30 p.m.</p> <p>Linehan Chapel</p>	<p>Mid- Day Yoga</p> <p>12:10 p.m.</p> <p>Group Fitness Room</p> <p>Zumba</p> <p>6:00 p.m.</p> <p>Group Fitness Room</p>	<p>Body Combat</p> <p>12:40 p.m.</p> <p>Group Fitness Room</p> <p>Body Pump</p> <p>5:00 p.m.</p> <p>Group Fitness Room</p>	<p>Zumba</p> <p>10:00 a.m.</p> <p>Group Fitness Room</p> <p>Body Pump</p> <p>(every other week)</p> <p>1:00 p.m.</p> <p>Group Fitness Room</p>