

Angela Facility Aerobics Area Usage
Feb. 23-March 1, 2015

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	23-Feb	24-Feb	25-Feb	26-Feb	27-Feb	28-Feb	1-Mar
6:00 AM							
7:00 AM							
8:00 AM		Zumba 8:15-9:05		Zumba 8:15-9:05			
9:00 AM							
10:00 AM		Yoga 9:30-10:20		Yoga 9:30-10:20			
11:00 AM							
12:00 PM	Yoga Club noon - 1:00		Yoga Club noon - 1:00	Yoga Club 12:30-1:30	Yoga Club noon - 1:00		
1:00 PM							
2:00 PM		High Intensity Train 2-2:50		High Intensity Train 2-2:50			
3:00 PM	TRX/cross training 3-3:50 personal fitness	Piloga 3-3:50	TRX/cross training 3-3:50 personal fitness	Piloga 3-3:50		Lacrosse workout 3:30-4	
4:00 PM	personal fitness Spin/Bootcamp 4-4:50		personal fitness Spin/Bootcamp 4-4:50				
5:00 PM	Pilates 5-5:50 strength & conditioning	strength & conditioning	Pilates 5-5:50	strength & conditioning 5:15 lacrosse w/pete			
6:00 PM	5:15-6:30	Lacrosse 5:15-6:30		5:30-6:30			
7:00 PM		sball w/pete 7-7:30	Yoga Club 7:00-8:00	sball w/pete 7-7:30 tennis w/pete 7-7:45			
8:00 PM	tennis w/pete 8-8:45	Yoga Club 8:00-9:00		Yoga and Yogurt 7:30-8:30			
9:00 PM							Yoga Club 8:30-9:30
10:00 PM							
11:00 PM							