



Sports/Fitness Program



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15am-7:00am (B. Step)	6:15am-7:00am (Strength Training)	6:15am-7:00am (Zumba)	6:15am-7:00am (Strength Training)	6:15am-7:00am (Yoga)
11:15am-12:00pm (P90X)	11:15am-12:00pm (Pilates)	11:15am-12:00pm (P90X)	11:15am-12:00pm (<u>Pilates</u>)	11:15am-12:00pm (P90X)
	12:05pm-1:00pm (Yoga)		12:05pm-1:00pm (Yoga)	