

# SUMMER FITNESS SCHEDULE AT A GLANCE: JUNE 7 -AUGUST 31, 2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM							
6:30AM							
7:00AM							
7:30AM							
8:00AM							
8:30AM		Cycling 815-9:15 LL6		Cycling 815-9:15 LL6		Cycling 815-9:15 LL6	
9:00AM							
9:30AM		Yoga 9:30-10:30 LL6		Yoga 9:30-10:30 LL6		Yoga 9:30-10:30 LL6	
10:00AM	Fitness Ball 10:00-11:00		Fitness Ball 10:00-11:00	Fitness Ball 10:00-11:00		Fitness Ball 10:00-11:00	
10:30AM							
11:00AM	Cycling 11:00-12:00 LL6					6/13, 6/27	
11:30AM						7/11, 7/25	
12:00PM						8/8, 8/22	
12:30PM							
1:00PM	<b>Fitness Center Hours</b>						
1:30PM	Monday-Thursday: 6:00am-10:00pm						
2:00PM	Friday: 6:00am-6:00pm						
2:30PM	Saturday and Sunday: 8:00am-5:00pm						
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM							
5:30PM		Cycling 5:45-6:45 LL6		Cycling 5:45-6:45 LL6			
6:00PM							
6:30PM							
7:00PM		Fitness Ball 7:00-8:00	Yoga 7:15-8:15		Fitness Ball 7:00-8:00		
7:30PM							
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00PM							

