

October MWR Exercise Class Schedule

October MWR Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Classes are located at <i>Thorpe Hall Gym, 3rd Floor</i></p> <p>*Mondays 1700 & Thursdays 1630 classes are held at <i>Root Hall Gym</i></p> <p>*0600 and 1145 classes are 45 minutes</p> <p>*For more information call 245-4271/3387/4029/4343</p>			<p>1</p> <p>0600 – <i>Indoor Cycle</i></p> <p>0900 – <i>Zumba!</i></p> <p>1630 – <i>Bosu/Max (Root Hall Gym)</i></p>	<p>2</p> <p>0600 – <i>Indoor Cycle</i></p> <p>0900 – <i>Pilates</i></p> <p>1145 – <i>Indoor Cycle</i></p>
<p>5</p> <p>05 October 2009</p>				