26 October - 01 November 2015

November 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Group Exercise / Dance Room (Student Fitness Center)

Monday, October 26

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, October 27

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, October 28

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Thursday, October 29

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Friday, October 30

Saturday, October 31

Sunday, November 1

02 November -

08 November 2015

November 2015

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Group Exercise / Dance Room (Student Fitness Center)

Monday, November 2

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, November 3

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, November 4

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Thursday, November 5

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Friday, November 6

Saturday, November 7

Sunday, November 8

09 November - 15 November 2015

November 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Group Exercise / Dance Room (Student Fitness Center)

Monday, November 9

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, November 10

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, November 11

Thursday, November 12

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Friday, November 13

Saturday, November 14

Sunday, November 15

16 November - 22 November 2015

November 2015

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Group Exercise / Dance Room (Student Fitness Center)

Monday, November 16

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, November 17

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, November 18

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Thursday, November 19

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Friday, November 20

Saturday, November 21

Sunday, November 22

23 November - 29 November 2015

November 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Group Exercise / Dance Room (Student Fitness Center)

Monday, November 23

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, November 24

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, November 25

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Thursday, November 26

Friday, November 27

Saturday, November 28

Sunday, November 29

30 November - 06 December 2015

November 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Group Exercise / Dance Room (Student Fitness Center)

Monday, November 30

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, December 1

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, December 2

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Thursday, December 3

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Friday, December 4

Saturday, December 5

Sunday, December 6

07 December - 13 December 2015

November 2015

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Group Exercise / Dance Room (Student Fitness Center)

Monday, December 7

- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Tuesday, December 8

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Wednesday, December 9

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Hatha Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Viridiana Fonseca-Ponce Subject: Zumba

Thursday, December 10

- 1:00 PM 1:50 PM Name: Nijoel Meyer Subject: Cross Conditioning
- 2:00 PM 2:50 PM Name: Lorie Wilson Subject: Vinyasa Yoga
- 3:00 PM 3:50 PM Name: Raquel Gonzalez Subject: Cycling
- 4:00 PM 4:30 PM Name: Raquel Gonzalez Subject: Abs
- 4:30 PM 5:00 PM Name: MaryKathryn Brazil Subject: Body Sculpt
- 5:00 PM 5:30 PM Name: MaryKathryn Brazil Subject: Butts N' Gutts
- 7:00 PM 7:50 PM Name: Daisy Torres Subject: Latin Fusion

Friday, December 11

Saturday, December 12

Sunday, December 13