



FITNESS & WELLNESS CENTER

MULTI-PURPOSE ROOM SCHEDULE

MON.	TUES.	WED.	THUR.	FRID.	SAT.
	Fit For Life 9am Karla	Total Body 9am Karla			Fit For Life 8:15am Karla
					Total Body 9:15am Karla
	Yoga/ Pilates 10:30am Nina		Yoga 10:30am Kali		
Total Body 1pm Karla					
	Cardio 5:30pm Janet	Yoga 5:00pm Kali			