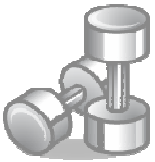


KU Fit Fall 2008



MONDAY	CLASS	INSTRUCTOR
6:30-7:25 am	Just Lift.	Sheryl
10:00-10:55 am	Yoga	Laura
3-3:40 pm	Butz n' Gutz	Jessica & Katie
3:45-4:25 pm	BOSU n' Glide	Stacey
3:45 – 4:45 pm * martial arts studio	Yoga	Brandon
4:30-5:25 pm	20/20/20	Ann & Stephanie
5:30-6:25 pm	Turbo Kick	Maggie
6:30-7:25	Just Lift.	Krystal & Lena
7:30-8:25 pm	Cardio Dance Party	Lexi
8:30-9:15 pm	Butz n' Gutz	Emily
TUESDAY		
6:30-7:25 am	Sunrise Pilates	Dhyana
12:10-1:00 pm	Just Lift.	Amber
3-3:40 pm	Target Practice	Amber & Jennifer
3:45-4:25 pm	Step n' Strength	Jennifer
3:45 – 4:45 pm * martial arts studio	Pilates	Amanda P.
4:30-5:25 pm	Warrior Workout	Stacey
5:30-6:25 pm	BOSU circuit	Rachel
6:30-7:25	Zumba	Vina
7:30-7:55 pm	Completely Core	Susie & Jennifer
8:00-9:15 pm	Power Yoga	Brandon
WEDNESDAY		
6:30-7:25 am	Just Lift.	Landra
10:00-10:55 am	BOSU n' glide	Maggie
12:10-1:00 pm	Yoga + Pilates	Emily
3-3:40 pm	Butz n' Gutz	Susie & Amanda T.
3:45-4:25 pm	Cardio X-train	Jessica
3:45 – 4:45 pm * martial arts studio	Yoga	Cassi
4:30-5:25 pm	BOSU n' Glide	Amber
5:30-6:25 pm	Just Lift.	Melanie
6:30-6:55 pm	Completely Core	Melanie
7:00-7:55 pm	Pilates	Dhyana
8:00-8:55 pm	Warrior Workout	Laura & Kelsey
THURSDAY		
6:30-7:25 am	Sunrise Yoga	Cassi
12:10-1:00 pm	Just Lift.	Jennifer
3:15-3:40 pm	Completely Core	Sheryl & Lauren
3:45-4:25 pm	Step n' Strength	Sheryl & Lauren
3:45 – 4:45 pm * martial arts studio	Pilates	Amanda & Katie
4:30-5:25 pm	Turbo Kick	Maggie
5:30-6:25 pm	Cardio X-train	Rachel
6:30-7:25	Zumba	Victoria
7:30-8:25 pm	Yoga	Ana
FRIDAY		
10-10:55 am	Just Lift.	Hollie
11-11:55 pm	Yoga + Pilates	Lexi
4:30-5:25	Butz n' Gutz	Laetitia & Katie
5:30-6:25 pm	Friday Free for All	Rotating instructors
SATURDAY		
10-10:55 am	Zumba	Laetitia
10-10:55 am * martial arts studio	Yoga	Rotating instructors
11-11:55 am	Just Lift.	Rotating instructors
SUNDAY		
4-4:55 pm * martial arts studio	Pilates	Emily
4:30-5:25 pm	Target Practice	Laura
5:30-6:25 pm	Cardio X-train	Ann/Landra/Krystal
6:30-7:25 pm	Zumba	Victoria

Classes will not be held the following dates:

- *No classes Oct 15-19 (fall break)
- *No classes Nov 25-30 (Thanksgiving)

Limited finals schedule Dec 14-17(schedule TBA) ** **FREE classes:** Aug. 25-31 & finals week.