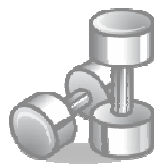


KU Fit Spring 2009



MONDAY	CLASS	INSTRUCTOR
6:30-7:30 am	Just Lift.	Lauren
12:10- 1:00 pm	Pilates	Madison
3:45 – 4:30 pm	Butz n' Gutz	Susie
3:30-4:30 pm * Martial Arts Studio	Pilates	Lexi
4:30-5:25 pm	Just Lift.	Hollie
5:30-6:25 pm	Zumba!	Victoria
6:30-6:55	Completely Core	Maggie
7:00-7:55 pm	Turbo Kick	Maggie
8:00-8:55 pm	Power Yoga	Brandon
TUESDAY		
12:10-1:00 pm	Just Lift.	Amber
3:45-4:25 pm	BOSU n' Glide	Stacey
3:30-4:25 pm *Martial Arts Studio	Yoga	Lindsey
4:30-5:10 pm	Butz n' Gutz	Amanda T.
5:15-6:10 pm	Just Lift.	Krystal
6:15-6:55	Athletic Boot Camp	Krystal
7:00-7:55 pm	Pilates	Emily
8:00-8:55 pm	Warrior Workout	Laura
WEDNESDAY		
6:30-7:30 pm	Sunrise Yoga	Laura
12:10-1:00 pm	Zumba	Victoria
3:45-4:25 pm	Butz n' Gutz	Stephanie
3:30 – 4:25 pm * Martial Arts Studio	Yoga + Pilates	Amanda P.
4:30-5:25 pm	BOSU n' Glide	Melanie
5:30-6:25 pm	Turbo Kick	Maggie
6:30-7:25 pm	Just Lift.	Jennifer
7:30-8:10 pm	Cardio Dance Party	Lexi
8:15-9:00 pm	Step Express	Lauren
THURSDAY		
12:10-1:00 pm	Just Lift.	Jennifer
3:45-4:25 pm	Athletic Boot Camp	Amber
3:30 – 4:25 pm * Martial Arts Studio	Yoga	Staff
4:30-5:25 pm	Warrior Workout	Stacey
5:30-6:25 pm	20/20/20	Ann
6:30-7:10	Butz n' Gutz	Jessica
7:15-8:15	Zumba	Laetitia
FRIDAY		
10:30-10:55 am	Cardio Express	Lena
11-11:55 am	Just Lift.	Lena
12:10-1:00 pm	Yoga	Ana
5:30-6:25 pm	Zumba	Vina
SATURDAY		
10-10:55 am	Just Lift.	Krystal/ Stephanie
11-11:55 am	Zumba	Laetitia
12-12:55 am	Yoga	Lindsey
SUNDAY		
4:30-5:25 pm	Zumba	Vina
5:30-6:25 pm	Just Lift.	Landra/Stacey
6:30-7:15 pm	Yoga Express	Ann

Updated: 1/06/09

**Sessions are subject to change of instructor or cancellation. Sessions with less than 3 participants will be cancelled..*

- *KU Fit sessions will be free of charge Jan 15th and Jan 20th-25th.*
- *KU Fit sessions will be free of charge finals week.*
- *KU Fit sessions will **not** be held the following dates:
Jan 20, March 13-22, April 11-12*