

MONDAY	CLASS	INSTRUCTOR
12:10-1:00 pm	Yoga	Amber
3:30-4:25 pm * Martial Arts Studio	Pilates	Amanda P.
4:30-5:25 pm	Cardio Cross Train	Steph & Katie G.
5:30-6:25 pm	Hip Hop Hustle	Lexi
6:30-7:25 pm	Just Lift.	Maggie
7:30-8:25 pm	Turbo Kick	Caroline
8:30-9:15 pm	Butz n' Gutz	Katie C. & Lauren O.
TUESDAY		
6:45-7:30 am	Sunrise Yoga	Sheryl & Kayla
12:10-1:00 pm	Just Lift.	Amber
3:45-4:25 pm	Butz n' Gutz	Steph
3:30-4:25 pm *Martial Arts Studio	Pilates	Emily
4:30-5:25 pm	Just Lift.	Melanie
5:30-6:25 pm	Zumba	Ying
6:30-7:25 pm	Step n' Core	Lauren F.
7:30-8:25 pm	Yoga	Stacey
8:30-8:55 pm	Completely Core	Stacey
WEDNESDAY		
12:10-1:00 pm	Pilates	Madison
3:30-4:25 pm * Martial Arts Studio	Yoga	Kayla
4:30-5:25 pm	Just Lift.	Jennifer
5:30-6:25 pm	Power Yoga	Lindsey
6:30-6:55 pm	Completely Core	Caroline
7:00-7:55 pm	Turbo Kick	Caroline
8:00-8:45 pm	Butz n' Gutz	Susie
THURSDAY		
6:45-7:30 am	Sunrise Yoga	Stacey
12:10-1:00 pm	Just Lift.	Amber
3:45-4:25 pm	Butz n' Gutz	Lena
4:30-5:25 pm	Step n' Core	Sheryl
5:30-6:25 pm	Turbo Kick	Maggie
6:30-7:25	Zumba	Victoria/Ying
7:30-8:25	Yoga + Pilates	Lexi
FRIDAY		
10:00-10:55 am	Step n' Core	Jennifer
11:00-11:55 am	Just Lift.	Maggie & Katie C.
12:10-1:00 pm	Yoga	Ana
5:30-6:25 pm	Zumba	Ying & Sally
SATURDAY		
10:30-11:25 am	Hip Hop Hustle	Jessica/Susie
11:30-12:25 pm	Yoga	Lindsey
SUNDAY		
5:00-5:55 pm	20/20/20	Katie C./Melanie
6:00-6:55 pm	Yoga + Pilates	Emily

- Fall Semester – Aug 20th-Dec 13th 2009
- KU Fit sessions will be free of charge finals week.
- KU Fit sessions will **not** be held the following dates:
 - Fall break: Oct 15-18
 - Thanksgiving: Nov 25-29



Small group, BIG results.

Session 1: Aug 31-Oct 8

Session 2: Oct 19-Dec 1

Group meets twice/wk. Cost: \$50.
Contact ajlong@ku.edu with questions!