



# INSTRUCTIONAL FITNESS CLASSES

## FALL 2017 & WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Women's Only Dynamic Kickboxing 10:30 - 11:30
					Women's Only Street Self Defense 11:30 - 12:30
Adult Learn to Skate 12:00 - 12:50	Pilates for All 12:05 - 12:55	ELDOA 12:05 - 12:55	Pilates for All 12:05 - 12:55	Fusion (Pilates) 12:05 - 12:55	
Advanced Recreational and Figure Skating 1:00 - 1:50	Intermediate Ballet 1:00 - 2:30	Belly Dance Let's "Raqs"! 2:30 - 3:30	Barre Burn 1:30 - 2:30		
Ballet 2:00 - 3:30			Jazz Modern 2:30 - 3:30		
Stress Away (Pilates) 5:00 - 6:00	Ballet Barre Pilates Combo 5:00 - 6:00	Essentrics (Pilates) 5:00 - 6:00			
Kickboxing, Muay Thai 6:00 - 7:30	Contemporary 5:30 - 6:30			Hip Hop 5:30 - 6:30	
Argentine Tango Trio 7:30 - 9:00	Shorinji Kan Jiu Jitsu 6:30 - 8:30	Kickboxing, Muay Thai 6:00 - 7:30	Shorinji Kan Jiu Jitsu 6:30 - 8:30	Burlesque 6:30 - 7:30	
Shaolin Kung Fu, Karate & Weapons 7:30 - 9:00		Shaolin Kung Fu, Karate & Weapons 7:30 - 9:00			
Combatives Room	Yoga Studio	Multi-Purpose Room	Rink B		Room 2404