



RAVENS

INSTRUCTIONAL FITNESS CLASSES

FALL 2018

Please click on a class to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 11 am 50's Plus MULTIPURPOSE ROOM		9:30 - 10:30 am 50's Plus Aqua POOL		9:30 - 11 am 50's Plus MULTIPURPOSE ROOM	9 - 10:15 am Stretch & Strength For Mature Adults MULTIPURPOSE ROOM
12 - 12:50 pm Learn to Skate SKATING RINK			1:45 - 2:45 pm Barre Burn COMBATIVES ROOM		10:30 - 11:30 am Women's Only Dynamic Kickboxing COMBATIVES ROOM
1 - 1:50 pm Advanced Recreational and Figure Skate SKATING RINK			2:45 - 4 pm Modern Jazz COMBATIVES ROOM	1 - 2:30 pm Intermediate Ballet COMBATIVES ROOM	11:30 - 1 pm Women's Only Intermediate Dynamic Kickboxing COMBATIVES ROOM
2 - 3:30 pm Ballet COMBATIVES ROOM		2:30 - 3:30 pm Let's Raqs MULTIPURPOSE ROOM	4 - 5 pm Dancer's Stretch COMBATIVES ROOM		1 - 2:30 pm Women's Only Traditional Kung Fu For Strength & Self-Defense COMBATIVES ROOM
6 - 7:30 pm Kickboxing & Muay Thai COMBATIVES ROOM	6:30 - 7:30 pm Belly Dance MULTIPURPOSE ROOM		5 - 6 pm Burlesque COMBATIVES ROOM	5:30 - 6:30 pm Hip Hop MULTIPURPOSE ROOM	
7:30 - 9 pm Argentine Tango COMBATIVES ROOM	6:30 - 8:30 pm Shorinji Kan Jiu Jitsu ROOM 2404	6 - 7:30 pm Kickboxing & Muay Thai COMBATIVES ROOM	6:30 - 8:30 pm Shorinji Kan Jiu Jitsu ROOM 2404		
7:30 - 9 pm Dynamic Street Self Defense & Fitness MULTIPURPOSE ROOM	7:30 - 8:30 pm Stretch & Strength for Mature Adults MULTIPURPOSE ROOM	7:30 - 9 pm Traditional Combat Kung Fu & Weapons MULTIPURPOSE ROOM	7:30 - 8:30 pm Stretch & Strength for Mature Adults MULTIPURPOSE ROOM		

COMBATIVES ROOM

MULTIPURPOSE ROOM

ROOM 2404

POOL

SKATING RINK

No classes are scheduled Monday, October 8th (Thanksgiving)