


## Spring 2012 Recreation Services PantherFIT Schedule

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY																
<b>Yoga</b> 7:00am-8:00am Ama Gold Room FREE		<b>BodyPump®</b> 7:00am-8:00am Phillip Gold Room FREE		<b>Wake Up &amp; Spin</b> 7:00am-8:00am Suzanne Blue Room FREE		<b>Yoga</b> 7:00am-8:00am Ama Gold Room FREE		<b>BodyPump®</b> 7:00am-8:00am Phillip Gold Room FREE		<b>Wake Up &amp; Spin</b> 7:00am-8:00am Suzanne Blue Room FREE																	
<b>Spinning®</b> 9:30am-10:30am Thomas Blue Room FREE		<b>Spinning®</b> 9:30am-10:30am Thomas Blue Room FREE		<b>Spinning®</b> 9:30am-10:30am Thomas Blue Room FREE		<b>Spinning®</b> 9:30am-10:30am Thomas Blue Room FREE		<b>Spinning®</b> 9:30am-10:30am Thomas Blue Room FREE																			
<b>Yoga</b> 11:00am-noon Ana Gold Room FREE		<b>Latin Spice</b> 10:50am-11:50am Ratasha Gold Room FREE		<b>BodyPump®</b> 11:10am-12:10pm Phillip Gold Room FREE		<b>Step</b> 11:00am-noon Cassie Blue Room FREE		<b>Yoga</b> 11:00am-noon Ana Gold Room FREE		<b>Latin Spice</b> 10:50am-11:50am Ratasha Gold Room FREE				<b>HardBodies</b> 11:00am-noon Cassie Gold Room FREE		<b>Cardio Kickboxing</b> 11:10am-12:10pm Phillip Blue Room FREE		<b>HardBodies</b> 11:00am-noon Lindsay Gold Room FREE		<b>Spinning®</b> 10:45am-11:45am Phillip Blue Room FREE		<b>Spinning®</b> 10:30am-11:30am Phillip Blue Room FREE					
<b>Cardio Kickboxing</b> 12:15pm-1:00pm Lia Gold & Blue Rooms FREE		<b>Zumba®</b> 12:15pm-1:15pm Cassie Gold Room \$2.00		<b>Pilates</b> 12:10pm-1:00pm Carrie Blue Room FREE		<b>Cardio Sculpt</b> 12:15pm-1:15pm Lia Gold & Blue Rooms FREE		<b>Zumba®</b> 12:15pm-1:15pm Cassie Gold Room \$2.00		<b>Pilates</b> 12:10pm-1:00pm Carrie Blue Room FREE		<b>Cardio Kickboxing</b> 12:15pm-1:00pm Lia Gold & Blue Rooms FREE		<b>Budokon Yoga</b> 11:30am-12:30pm Paige Gold Room FREE		<b>BodyCombat®</b> noon-1:00pm Phillip Gold Room FREE											
<b>Tighten &amp; Tone</b> 1:10pm-1:45pm Lia Gold & Blue Rooms FREE		<b>Ultimate Abs</b> 1:30pm-2:00pm Lindsay Gold Room FREE		<b>Spinning®</b> 1:15pm-2:15pm Phillip Blue Room \$2.00		<b>Ultimate Abs</b> 1:30pm-2:00pm Maegan Gold & Blue Rooms FREE		<b>Ultimate Abs</b> 1:30pm-2:00pm Phillip Gold Room FREE		<b>Spinning®</b> 1:15pm-2:15pm Lindsay Blue Room \$2.00		<b>Tighten &amp; Tone</b> 1:10pm-1:45pm Lia Gold/Blue Rooms FREE		<b>Splash!</b> 2:00pm-2:00pm Maria PH Pool FREE		<b>Cardio Dance</b> 1:00pm-2:00pm Diana Gold Room FREE		<b>Ultimate Abs</b> 1:15pm-1:45pm Phillip Gold Room FREE									
<b>Pilates</b> 3:00pm-4:00pm Christine Gold Room \$2.00		<b>Cardio Core</b> 3:10pm-4:00pm Ratasha Blue Room \$2.00		<b>Zumba® Toning</b> 3:00pm-4:00pm Danny Gold Room \$2.00		<b>Pilates Sculpt</b> 3:00pm-4:00pm Carrie Blue Room \$2.00		<b>Vinyasa Flow</b> 2:45pm-3:45pm Ana Gold Room \$2.00		<b>Pilates</b> 3:00pm-3:55pm Christine Blue Room \$2.00		<b>Zumba® Toning</b> 3:00pm-3:55pm Danny Gold Room \$2.00		<b>Advanced Hip Hop</b> 3:00pm-3:55pm Kenny Blue Room \$2.00		<b>Pilates</b> 3:00pm-4:00pm Carrie Gold Room \$2.00		<b>Burlesque</b> 3:00pm-4:00pm Ana/Jannette Blue Room \$2.00		<b>HardBodies</b> 2:15pm-3:15pm Nick Gold Room FREE		<b>Capoiera</b> 3:00pm-4:00pm Alemao Gold Room FREE					
<b>HardBodies</b> 4:10pm-5:10pm Diana Gold Room \$2.00		<b>Abs &amp; Glutes</b> 4:00pm-4:30pm Ana Blue Room FREE		<b>PIYoga</b> 4:10pm-5:10pm Ana Gold Room \$2.00		<b>Hip Hop</b> 4:10pm-5:00pm Hallie Blue Room \$2.00		<b>Abs &amp; Glutes</b> 4:00pm-5:00pm Diana Gold Room \$2.00		<b>Zumba®</b> 4:00pm-5:00pm Vanessa Blue Room \$2.00		<b>Pilates</b> 4:00pm-5:00pm Ana Gold Room \$2.00		<b>SoBe Buns</b> 4:15pm-5:00pm Maegan Gold Room \$2.00		<b>BellyDance</b> 4:10pm-5:10pm Emely Blue Room \$2.00		<b>Spinning®</b> 3:30pm-4:30pm Nick Blue Room FREE									
<b>Hip Hop Strength</b> 5:15pm-6:15pm Maegan Gold Room \$2.00		<b>Club Cycle</b> 5:00pm-6:00pm Danny Blue Room \$2.00		<b>HardBodies</b> 5:15pm-6:15pm Ana Gold Room \$2.00		<b>Cardio Dance</b> 5:15pm-6:15pm Diana Blue Room \$2.00		<b>Boot Camp</b> 5:30pm-6:30pm Andrew RC Lobby \$2.00		<b>HardBodies</b> 5:15pm-6:15pm Ana Gold Room \$2.00		<b>Spinning®</b> 5:15pm-6:15pm Jessica Blue Room \$2.00		<b>Splash!</b> 5:15pm-6:15pm Janette PH Pool FREE		<b>SoBe Buns</b> 5:15pm-6:00pm Maegan Gold Room FREE		<b>Spinning®</b> 5:15pm-6:15pm Vanessa Blue Room \$2.00		<b>Boot Camp</b> 5:30pm-6:30pm Shaudia RC Lobby \$2.00		<b>Ultimate Abs</b> 5:15pm-5:45pm Maegan Gold Room FREE		<b>HardBodies</b> 5:15pm-6:15pm Diana Blue Room \$2.00		<b>Yoga</b> 4:30pm-5:45pm Ama Gold Room FREE	
<b>SoBe Buns</b> 6:20pm-7:05pm Danny Gold Room \$2.00		<b>Budokon Yoga®</b> 6:30pm-7:25pm Paige Blue Room \$2.00		<b>Ultimate Abs</b> 6:20pm-6:50pm Jade Gold Room FREE		<b>Yoga</b> 6:20pm-7:20pm Monica Gold Room \$2.00		<b>Ultimate Abs</b> 6:20pm-6:50pm Jade Gold Room FREE		<b>Cardio Hip Hop</b> 6:30pm-7:30pm Danny Gold Room \$2.00																	
<b>Cardio Sculpt</b> 7:10pm-8:10pm Danny Gold Room \$2.00		<b>Zumba®</b> 7:30pm-8:30pm Ana Blue Room \$2.00		<b>Step</b> 7:00pm-8:00pm Diana Gold Room \$2.00		<b>PIYoga</b> 7:00pm-8:00pm Ana Blue Room \$2.00		<b>Cardio Hip Hop</b> 7:30pm-8:30pm Danny Gold Room \$2.00		<b>Spinning®</b> 7:30pm-8:30pm Nick Blue Room \$2.00		<b>Hip Hop</b> 7:00pm-8:00pm Hallie Gold Room \$2.00		<b>Spinning®</b> 7:00pm-8:00pm Nick Blue Room \$2.00													
<b>Ultimate Abs</b> 8:35pm-9:05pm Cassie/Danny Blue Room FREE		<b>Capoiera</b> 8:15pm-9:15pm Alemao Gold Room \$2.00		<b>Spinning®</b> 8:30pm-9:30pm Nick Blue Room \$2.00		<b>Ultimate Abs</b> 8:35pm-9:05pm Nick Gold Room FREE		<b>Capoiera</b> 8:15pm-9:00pm Alemao Gold Room \$2.00		<b>Shred</b> 8:15pm-9:15pm Nick Blue Room \$2.00																	