

Tiger X Class Schedule- October 2009

Key: WR = Wood Room, RR = Rubber Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28 Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	9/29 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna	9/30 Gentle Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy	10/1 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy Capoeira: 7-8pm- RR- Adam	10/2 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie
10/5 Step: 3-4pm WR- Connie Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	10/6 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna TurboSculpt: 7-8 pm WR- Alex	10/7 Gentle Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	10/8 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Capoeira: 7-8pm- RR- Adam	10/9 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie
10/12 Step: 3-4pm WR- Connie Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	10/13 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna TurboSculpt: 7-8 pm WR- Alex Capoeira 7-8:00pm Rubber Rm- Adam	10/14 Gentle Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	10/15 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy	10/16 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie
10/19 Step: 3-4pm WR- Connie Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	10/20 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna TurboSculpt: 7-8 pm WR- Alex	10/21 Gentle Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	10/22 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy Capoeira: 7-8pm- RR- Adam Wood Room Reserved-Alpha Phi	10/23 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie
10/26 Step: 3-4pm WR- Connie Cardio Dance: 4-5 pm WR- Pearl Yoga: 5:30-6:45pm WR- Deanna Self Defense: 7-8pm WR- Robert Cycle Fit: 7-8:00pm RR- Grace Cardio Kick: 8-9pm WR- Robert	10/27 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Yoga: 5:30-7pm WR- Deanna TurboSculpt: 7-8 pm WR- Alex	10/28 Gentle Yoga: 12:15-1pm WR- Deanna Zumba: 4:30-5:30pm WR- Connie Yoga: 5:30-6:45pm WR- Deanna Cycle: 7-8pm RR- Amy Get to the Core: 8-8:30 pm RR- Derrick	10/29 Cycle Fit: 7-7:45am RR- Angela Lunch Time Yoga: 12-1pm WR- Deanna Cardio Dance: 5-6pm WR- Pearl Cycle: 6-7pm RR- Amy Capoeira: 7-8pm- RR- Adam	10/30 Pilates: 7-7:45am WR- Angela Boot Camp: 1:30-2:30pm WR- Susanna Hip Hop: 3-3:50pm WR- Shanta' Pilates: 4:30-5:30pm WR- Connie