



DROP-IN CLASS SCHEDULE

Fall 2009

August 24 thru December 8

TIME	MON	TUE	WED	THU	FRI	SAT
9:00 AM						Kickboxing 224B
10:00 AM						Yoga 224B
12:00 PM	Reformer LR-9 CrossFit Gym B Yoga M-1	Reformer LR-9 Yoga M-1 Cycle Fusion 224C	Reformer LR-9 CrossFit Gym B Yoga M-1	Reformer LR-9 Yoga M-1 Cycle Fusion 224C	Reformer LR-9 CrossFit Gym B	
5:30 PM	Reformer LR-9 Butts & Guts 224B Yoga M-1	Reformer LR-9 Yoga M-1 CrossFit 224B	Reformer LR-9 Butts & Guts 224B Yoga M-1	Reformer LR-9 Yoga M-1 CrossFit 224B	CrossFit Gym B	
6:30 PM	Kickboxing 224B	D's Bootcamp 224B	Kickboxing 224B	D's Bootcamp 224B		
7:00 PM	CrossFit Gym B		CrossFit Gym B	Kayak Roll Session Pool		

You must sign up for all Drop-In classes to participate. Please see the Drop-In policy for further information.