

RaiderX

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Lunch	<u>12:10-1:00pm</u> Step Xpress Rm 114 <i>Amy</i>	<u>12:10-1:00pm</u> Cardio Circuit Rm 114 <i>Jon</i>	<u>12:10-1:00pm</u> Xtra Strength Rm 114 <i>Jon</i>	<u>12:10-1:00pm</u> Body Sculpting Rm 114 <i>Ashley</i>	<u>12:10-1:00pm</u> Cardioboxing Rm 114 <i>Kaylene</i>	<u>10:15-11:15am</u> Saturday Instructors Choice Rm 114 <i>Macie</i> <u>11:30-11:50am</u> ABS Rm 114 <i>Macie</i>
Afternoon		<u>3:45-4:45pm</u> Water Fitness <i>Jon</i>	<u>3:00-3:45pm</u> Step 101 Rm 114 <i>Amy</i>			
	<u>4:00-4:50pm</u> Xtra Strength Rm 114 <i>Blaine</i>	<u>4:00-4:50pm</u> Cardio Step Rm 114 <i>Kaylene</i> Power Ball Rm 116 <i>Kristine</i>	<u>4:00-4:50pm</u> Cardioboxing Rm 114 <i>Ashley A.</i>	<u>4:00-4:50pm</u> Rip n Rope Rm 114 <i>Chelsea</i> Rock Bottoms Rm 116 <i>Macie</i>	<u>4:00-4:50pm</u> Cardio Circuit Rm 114 <i>Blaine</i>	
	<u>5:00-5:20pm</u> ABS Rm 114/116 <i>Blaine/Leslie</i>	<u>5:00-5:20pm</u> ABS Rm 114/116 <i>Jon/Kristine</i>	<u>5:00-5:20pm</u> ABS Rm 114/116 <i>Ashley A./Kristine</i>	<u>5:00-5:20pm</u> ABS Rm 114/116 <i>Chelsea/Macie</i>	<u>5:00-5:20pm</u> ABS Rm 114 <i>Blaine</i>	<u>4:15-5:15pm</u> Sunday Xtra Strength Rm 114 <i>Blaine</i>
Evening	<u>5:30-6:30pm</u> Interval Step Rm 114 <i>Chelsea</i> Water Fitness AC <i>Cori</i> Rock Bottoms Rm 116 <i>Leslie</i>	<u>5:30-6:30pm</u> Cardioboxing Rm 114 <i>Chelsea</i> Body Sculpting Rm 116 <i>RoChelle</i>	<u>5:30-6:30pm</u> Cardio Circuit Rm 114 <i>Arica</i> Water Boxing AC <i>Cori</i> Power Ball Rm 116 <i>Kristine</i>	<u>5:30-6:30pm</u> Xtra Strength Rm 114 <i>Blaine</i> Body Sculpting Rm 116 <i>Leslie</i>	<u>5:30-6:30pm</u> Cardio Step Rm 114 <i>Kendal</i> Deep Water AC <i>Lori S.</i>	<u>5:30-6:30pm</u> Sunday Instructors Choice Rm 114 <i>Rotation</i>
	<u>6:40-7:00pm</u> ABS Rm 114/116 <i>Chelsea/Leslie</i>	<u>6:40-7:00pm</u> ABS Rm 114/116 <i>Chelsea/RoChelle</i>	<u>6:40-7:00pm</u> ABS Rm 114/116 <i>Arica/Kristine</i>	<u>6:40-7:00pm</u> ABS Rm 114/116 <i>Blaine/Leslie</i>	<u>6:40-7:00pm</u> ABS Rm 114 <i>Kendal</i>	<u>6:40-7:00pm</u> ABS Rm 114 <i>Rotation</i>
	<u>7:15-8:15pm</u> Cardioboxing Rm 114 <i>Kati C./Jessica K.</i>	<u>7:15-8:15pm</u> BOSU Rm 121 <i>Arica</i>	<u>7:15-8:15pm</u> Cardio Funk Rm 114 <i>Deanna</i>	<u>7:15-8:15pm</u> Zumba Rm 114 <i>Alex</i>		
	<u>8:00-9:00pm</u> Zumba Rm 121 <i>Alex/Jackie</i>		Play our Raider Xcape game and win prizes! *Schedule is subject to change			

