

Summer 2 2009

RaiderX

July 7-Aug 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							10:15-11:15 Instructors Choice Rotation 114
Lunch		<u>12:10-1:00pm</u> Body Sculpting 114 Lori	<u>12:10-1:00pm</u> Step Express 114 Adelaide	<u>12:10-1:00pm</u> Cardio Circuit 114 Lori	<u>12:10-1:00pm</u> Body Sculpting 114 Janine	<u>12:10-1:00pm</u> Cardio Boxing 114 Amy	11:30-11:50 Abs Rotation 114
Afternoon			<u>3:00-4:00 pm</u> *Water Fitness-LP Blaine		<u>3:00-4:00 pm</u> *Water Fitness-LP Amy		
	<u>4:15-5:15pm</u> Xtra Strength 114 Blaine	<u>4:00-4:50pm</u> Cardio Circuit 114 Ashlie	<u>4:00-4:50pm</u> Cardio Boxing 114 Arica	<u>4:00-4:50pm</u> BOSU 121 Arica	<u>4:00-4:50pm</u> Interval Step 114 Angela	<u>4:00-4:50pm</u> Body Sculpting 114 Arica	
		<u>5:00-5:20pm</u> Abs 114 Ashlie	<u>5:00-5:20pm</u> Abs 114 Arica	<u>5:00-5:20pm</u> Abs 114 Arica	<u>5:00-5:20pm</u> Abs 114 Angela	<u>5:00-5:20pm</u> Abs 114 Arica	
Evening		<u>5:30-6:30 pm</u> Cardio Boxing 114 Blaine * Water Boxing LP Adelaide BOSU 121 Amy	<u>5:30-6:30 pm</u> Cardio Circuit 116 Daniel	<u>5:30-6:30 pm</u> Zumba 114 Megan *Water Fitness LP Angela	<u>5:30-6:30 pm</u> Xtra Strength 114 Blaine *Water Fitness LP Amanda	<u>5:30-6:30 pm</u> Zumba 114 Boston	
		<u>6:40-7:00 pm</u> ABS 114 Blaine	<u>6:40-7:00 pm</u> ABS 114 Courtney	<u>6:40-7:00 pm</u> ABS 114 Megan	<u>6:40-7:00 pm</u> ABS 114 Blaine		
			<u>7:15-8:15pm</u> Cardio Dance 114 Courtney	<u>7:15-8:15pm</u> Cardio Boxing 114 Blaine	Schedule is subject to change; check www.recsports.ttu.edu for updates		
					<p align="center">ALL RAIDERX classes are FREE!</p> <ul style="list-style-type: none"> Water shoes highly recommended for Water Classes due to slick pool floor. 		