ACSR Studio - Spring Quarter 2007

(Subject to change due to special events)

Current as of (Draft)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	Building Closed					HIP: Yoga-Pilates 7:00-8:00	Building Closed
7:30AM			P.E. Yoga 7:30-8:20		P.E. Yoga 7:30-8:20		
8:00AM						Open Mat	
8:30 AM							
9:00AM		P.E. Pilates Mat 9:00-9:50	P.E. Yoga 9:00-9:50	P.E. Pilates Mat 9:00-9:50	P.E. Yoga 9:00-9:50		Club Sport: Taekwondo 9:00-12:00
9:30AM							
10:00AM	Special Events	P.E. Yoga 10:00-10:50	P.E. Yoga 10:00-10:50	P.E. Yoga 10:00-10:50	P.E. Yoga 10:00-10:50		
10:30AM							
11:00AM		P.E. Pilates Mat 11:00-11:50	P.E. Core Training 11:00-11:50	P.E. Pilates Mat 11:00-11:50	P.E. Core Training 11:00-11:50		
11:30AM							
12:00PM		P.E. Pilates Plus 12:00-12:50	P.E. Yoga / Pilates Fusion 12:00-12:50	P.E. Pilates Plus 12:00-12:50	P.E. Yoga / Pilates Fusion 12:00-12:50	HIP: Yoga-Pilates 12:00-1:00	Club Sport: Judo 12:00-2:00
12:30PM							
1:00PM		P.E. Yoga / Pilates Fusion 1:15-2:05	P.E. Yoga 1:15-2:05	P.E. Yoga / Pilates Fusion 1:15-2:05	P.E. Yoga 1:15-2:05	Open Mat	
1:30PM							
2:00PM		P.E. Yoga 2:15-3:05	P.E. Pilates Mat 2:15-3:05	P.E. Yoga 2:15-3:05	P.E. Pilates Mat 2:15-3:05		Special Events
2:30PM							
3:00PM		P.E. Yoga 3:15-4:05	P.E. Yoga 3:15-4:05	P.E. Yoga 3:15-4:05	P.E. Yoga 3:15-4:05		
3:30PM							
4:00PM		P.E. Core Training 4:15-5:05	P.E. Flexibility Training 4:15-5:05	P.E. Core Training 4:15-5:05	P.E. Flexibility Training 4:15-5:05		
4:30PM							
5:00PM		P.E. Intro to Martial Arts 5:15-6:05	P.E. Abs and Glutes 5:15-6:05	P.E. Intro to Martial Arts 5:15-6:05	P.E. Abs and Glutes 5:15-6:05	Club Sport: Judo 5:00-9:00	
5:30PM							
6:00PM		P.E. Body blast and Sculpt 6:15-7:05	Club Sport: Taekwondo 6:15-10:00	P.E. Body blast and Sculpt 6:15-7:05	Club Sport: Taekwondo 6:15-10:00		
6:30PM							
7:00PM		Club Sport: Judo 7:15-10:00		Club Sport: Judo 7:15-10:00			
7:30PM							
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00PM							
10:30PM							
11:00PM							
11:30PM							
12:00AM	Building Closed						

Special Events							