ACSR Studio - Summer Quarter 2007

(Subject to change due to special events)

Week of July 1st 2007

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	Building Closed					HIP: Yoga-Pilates 7:00-8:00	Building Closed
7:30AM				HIP: Mindful Yoga 7:00-8:00			
8:00AM						Open Mat	
8:30 AM							
9:00AM			P.E. Yoga 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		
10:30AM							
11:00AM							
11:30AM							
12:00PM		HIP: Body Wave 12:00-1:00	P.E. Yoga / Pilates Fusion 12:00-12:50	HIP: Standing Pilates / Tan-Shiva 12:00-1:00	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				HIP: Advanced Yoga 1:10-2:10	HIP: Belly Dance 1:10-2:10	HIP: Tan-Shiva Yoga 1:10-2:10	
1:30PM							
2:00PM							Special Events
2:30PM							
3:00PM							
3:30PM							
4:00PM		P.E. Pilates Mat 4:15-5:05	P.E. Abs and Glutes 4:15-5:05	P.E. Pilates Mat 4:15-5:05	P.E. Abs and Glutes 4:15-5:05		
4:30PM							
5:00PM		P.E. Yoga 5:15-6:05		P.E. Yoga 5:15-6:05		Club Sport: Judo 5:00-9:00	
5:30PM							
6:00PM			Club Sport: Taekwondo 6:00-10:00		Club Sport: Taekwondo 6:00-10:00		
6:30PM							
7:00PM		Club Sport: Judo 7:00-10:00		Club Sport: Judo 7:00-10:00			
7:30PM							
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00PM							
10:30PM							
11:00PM							
11:30PM							
12:00AM	Building Closed						

Special Events