

ACSR Studio - Winter Quarter 2008

(Subject to change due to special events)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00AM	Building Closed		P.E. Yoga 7:30-8:20		P.E. Yoga 7:30-8:20	HIP: Yoga-Pilates 7:00-8:00	Building Closed
7:30AM		P.E. Yoga 8:00-8:50		P.E. Yoga 8:00-8:50		Open Mat 8:00-12:00	
8:00AM		P.E. Core Training 9:00 - 9:50	P.E. Yoga 9:00-9:50	P.E. Core Training 9:00 - 9:50	P.E. Yoga 9:00-9:50		Club Sport: Taekwondo 9:00-12:00
8:30 AM		P.E. Yoga / Pilates Fusion 10:00-10:50	P.E. Yoga 10:00-10:50	P.E. Yoga / Pilates Fusion 10:00-10:50	P.E. Yoga 10:00-10:50		
9:00AM		P.E. Pilates 11:00-11:50	P.E. Core Training 11:00 - 11:50	P.E. Pilates 11:00-11:50	P.E. Core Training 11:00 - 11:50		
9:30AM	P.E. Yoga/Aikido Fusion 12:00-12:50	P.E. Yoga / Pilates Fusion 12:15-1:05	P.E. Yoga/Aikido Fusion 12:00-12:50	P.E. Yoga / Pilates Fusion 12:15-1:05	HIP: Body Firm 12:00-1:00	Club Sport: Judo 12:00-2:00	
10:00AM	P.E. Yoga 1:15-2:05	P.E. Yoga 1:15-2:05	P.E. Yoga 1:15-2:05	P.E. Yoga 1:15-2:05	Open Mat 1:00-4:00		
10:30AM	P.E. Abs & Glutes 2:15-3:05	Varsity Womens Swimming 2:15-3:05	P.E. Abs & Glutes 2:15-3:05	Varsity Womens Swimming 2:15-3:05			
11:00AM	P.E. Total Body Workout 3:15-4:05	P.E. Pilates 3:15-4:05	P.E. Total Body Workout 3:15-4:05	P.E. Pilates 3:15-4:05			
11:30AM	P.E. Yoga 4:15-5:05	P.E. Yoga 4:15-5:05	P.E. Yoga 4:15-5:05	P.E. Yoga 4:15-5:05			
12:00PM	P.E. Body Blast 5:15-6:05	P.E. Abs & Glutes 5:15-6:05	P.E. Body Blast 5:15-6:05	P.E. Abs & Glutes 5:15-6:05		Club Sport: Judo 5:00-9:00	
12:30PM	P.E. Intro to Martial Arts 6:15-7:05	Club Sport: Taekwondo 6:15-10:00	P.E. Intro to Martial Arts 6:15-7:05	Club Sport: Taekwondo 6:15-10:00			
1:00PM	Club Sport: Judo 7:15-10:00		Club Sport: Judo 7:15-10:00				
2:00PM					Building Closed 9:00PM		
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