



Fall 2011 Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30/30 Burn (Cycle/Strength) (II) 7:00-8:00am <i>Ricki</i>	Cycling (II) 7:00-8:00am <i>Lizzie</i>		Cycling (II) 7:00-8:00am <i>Sarah</i>	Yoga Flow (I) 11:00-12:15pm <i>Nicolette</i>	Cycling (II) 10:00am-10:50am <i>Ricki</i>
	Amp'd Interval Training (I) 7:00-8:00am <i>Marieclare</i>				
	Core Barre Express(I) 9:15-10:00am <i>Jacquelyn</i>	Yoga Flow (I) 10:00-11:15am <i>Regiane</i>	Core Barre Express(I) 9:15-10:00am <i>Jacquelyn</i>		
Yoga 1-2 (I) 12:15-1:15pm <i>Claire</i>	Yoga Flow (I) 12:15-1:15pm <i>Samantha B</i>	Body Burn Circuit (I) 12:15-1:00pm <i>Jeff</i>	Yoga Flow (I) 12:15-1:15pm <i>Samantha B</i>	Cycle 45 (II) 12:15-1:00pm <i>Lizzie</i>	CORE Cycle Plus (II) 11:00am-12:15pm <i>Ricki</i>
Boot Camp Blast (I) 4:30-5:30pm <i>Vivian</i>	Kick N Sculpt (I) 4:30-5:30pm <i>Alessandra</i>		Turbokick® (I) 4:30-5:30pm <i>Alexis</i>		
TRX Circuit**(II) 4:30-5:15pm <i>Alex</i>	Cycling (II) 4:30-5:30pm <i>Nicolette</i>	Core Barre (I) 4:30pm-5:30pm <i>Roxanne</i>	Cycling (II) 4:30-5:30pm <i>Lizzie</i>		
CORE-tastic Abs (I) 5:30-5:50pm <i>Alex</i>	CORE-tastic Abs (I) 5:30-5:50pm <i>Alessandra</i>	CORE-tastic Abs (I) 5:30-5:50pm <i>Josie</i>	CORE-tastic Abs (I) 5:30-5:50pm <i>Alexis</i>	SANDO Yoga (I) 5:00-6:15pm <i>Sando</i>	
Zumba® (I) 6:00-7:00pm <i>Chelsea</i>	Flex & Flow Yoga (I) 6:00-7:15pm <i>Keith</i>	Cycling (II) 6:00-7:00pm <i>Josie</i>	Core Barre (I) 6:00-7:00pm <i>Christina</i>		CORE Cycle Plus (II) 11:00am-12:15pm <i>Marieclare</i>
Cycling (II) 6:00-7:00pm <i>Alex</i>					
Tennis 101 7:00-8:00pm <i>Tennis Courts</i>	Cycling (II) 7:30-8:30pm <i>Samantha B</i>	Tennis 101 7:00-8:00pm <i>Tennis Courts</i>	30/30 Flow (II) (Cycling & Stretch) 7:00-8:00pm <i>Nicolette</i>		
Body Burn Circuit (I) 7:00-8:00pm <i>Kim</i>	Brazilian Booty (I) 7:15-8:15pm <i>Vivian</i>	Yoga Flow (I) 7:00-8:15pm <i>Nicolette</i>	Booiaka TM (I) 7:00-8:00pm <i>Taty</i>		Yoga Flow (I) 6:30-7:30pm <i>Samantha W</i>
Yoga Flow (I) 8:00-9:15pm <i>Regiane</i>			intenSati® (I) 8:00-9:00pm <i>Jenna</i>		(I): STUDIO I (II): STUDIO II

Fall 2011 Schedule begins Monday August 29, 2011 (For Class Descriptions please visit: www.lmu.edu/fitwell)

** Sign up required beginning 8am the day of the class-contact the FitWell @ 310-338-3049