





# FALL BREAK SCHEDULE

## FRIDAY, OCT. 11

Time	Class	Studio	Instructor
6:30-7:20 AM	Cycle IQ 	The Dark Room	Meghann
12:00-12:50 PM	Zumba	Olympic Studio	King
12:00-12:50 PM	All Equipment Pilates 	Studio 1904	Cindy
5:30-6:20 PM	Dark Room Cycle 	The Dark Room	Laura
6:00-6:50 PM	Zumba	Olympic Studio	Mason
6:30-7:20	Power Flow Yoga 	Studio 1904	Danielle

## SATURDAY, OCT. 12

Time	Class	Studio	Instructor
10:15-11:05AM	BearFlex	Olympic Studio	Desi

## SUNDAY, OCT. 13

Time	Class	Studio	Instructor
10:15-11:05AM	Deep Stretch	Studio 1904	Arica

## MONDAY, OCT. 14

Time	Class	Studio	Instructor
12:15-12:45 PM	TRXpress	Studio 1904	Paul
4:30-5:20 PM	Barre Intensity	Studio 1904	Maggie
5:00-5:50 PM	Yoga Sculpt	Olympic Studio	Jayne
6:00-6:50 PM	Zumba	Olympic Studio	Jenna

## TUESDAY, OCT. 15

Time	Class	Studio	Instructor
12:00-12:50 PM	Hatha Yoga	Studio 1904	Julie
12:15-12:45 PM	Kettlebell Express	Olympic Studio	Alexa
4:30-5:20 PM	TRX Total Assets	Studio 1904	Johnny
4:30-5:20 PM	Jump Rope Conditioning	S40 Fitness Center	Anna
6:00-6:50 PM	Energy Sculpt	Olympic Studio	Meghann
6:30-7:20 PM	Vinyasa Flow Yoga	Studio 1904	Sarah

*Regular schedule resumes  
Wednesday, Oct. 16*

 HEATED CLASS  CYCLING PASS REQUIRED  
 PAID CLASS  BOXING GLOVES REQUIRED