

# Georgetown Law Sport & Fitness Center Group Exercise Schedule

## November 1<sup>st</sup>, 2009 – November 29th, 2009

Monday		Tuesday		Wednesday		Thursday			Friday	Saturday	Sunday
<b>6:45-7:30am</b> Aquatics Class!! Margaret Pool		<b>7-7:45am</b> Spin Beth <i>Studio 2</i>				<b>7-7:45am</b> Spin Jeff <i>Studio 2</i>					
<b>12-1pm</b> Spin Talia <i>Studio 2</i>		<b>12:30-1pm</b> Muscle Express Maureen <i>Studio 1</i>	<b>1pm-1:30pm</b> Pilates Express Maureen <i>Studio 1</i>			<b>12-1pm</b> Bike and Ball Christi <i>Studio 2&amp;3</i>	<b>12:30-1pm</b> Muscle Express Maureen <i>Studio 1</i>	<b>1pm-1:30pm</b> Pilates Express Maureen <i>Studio 1</i>	<b>1-2pm</b> Women & Weights Talia <i>Studio 1</i>	<b>10-10:30am</b> HardCore Rebecca <i>Studio 1</i>	<b>10:30-11:15am</b> Spin Alison <i>Studio 2</i>
<b>1-2pm</b> Hatha Yoga Galina <i>Studio 3</i>		<b>1-2pm</b> Spin Talia <i>Studio 2</i>		<b>1-2pm</b> Hatha Yoga Galina <i>Studio 3</i>					<b>1:30-2:30pm</b> Yoga Sabina <i>Studio 3</i>	<b>10:30-11:15am</b> Spin Rebecca <i>Studio 2</i>	
<b>3-4pm</b> Pilates Maureen <i>Studio 1</i>		<b>4-5pm</b> Hatha Yoga Ayanna <i>Studio 3</i>				<b>4:30pm-5:15pm</b> Cardio & Core Ayanna <i>Studio 3</i>			<p>Let us know what you think about our schedule! Our comment cards are located at the fitness desk on the 3rd floor or email Christi Hampton at <a href="mailto:cnh22@law.georgetown.edu">cnh22@law.georgetown.edu</a>. Please see class descriptions on back</p>		
<b>6-7pm</b> Complete Conditioning Christi <i>Studio 1</i>		<b>5-6pm</b> Sweat & Sculpt Stephanie <i>Studio 1</i>		<b>5-6pm</b> Complete Conditioning Christi <i>Studio 1</i>		<b>5:15-6pm</b> Hatha Yoga Ayanna <i>Studio 3</i>					
<b>6:30-7:30pm</b> Spin Rebecca <i>Studio 2</i>		<b>6-7pm</b> Cardio Combo Stephanie <i>Studio 1</i>		<b>6-7pm</b> SPORTS CONDITIONING Talia <i>Studio 3</i>		<b>6:30-7:30pm</b> Lizzie Bosu Athletic Training <i>Studio 3</i>					
<b>7:30-8:30pm</b> Kickbox Stephanie <i>Studio 1</i>	<b>8-9pm</b> Yoga Talia <i>Studio 3</i>				<b>7-8pm</b> Spin Rebecca <i>Studio 2</i>	<b>7-8pm</b> Yoga Talia <i>Studio 3</i>	<b>7-8pm</b> Hip Hop Cardio Taryn <i>Studio 1</i>				

