

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><u>12:00pm</u> <u>High Intensity Interval Training (HIIT) (45 min)</u> <u>w/Kylene</u></p> <p><u>5:30pm</u> <u>Bar(re) Prep (60 min)</u> <u>w/Lauren</u></p>	<p><u>12:00pm</u> <u>Yoga (45 min)</u> <u>w/Wendy</u></p> <p><u>6:30pm</u> <u>Core.Cardio.Balance (60min)</u> <u>w/Taryn</u></p>	<p><u>12:00pm</u> <u>BURN (45 min)</u> <u>w/Wendy</u></p>	<p><u>5:30pm</u> <u>Bar(re) Prep (60 min)</u> <u>w/Lauren</u></p>
FRIDAY	SATURDAY	SUNDAY	NOTES
			<p>Schedule effective: Jun 07 - Aug 26</p> <p>To access class, click on the class name.</p> <p>For more information contact: Wendy Christensen wc701@georgetown.edu</p> <p>Accommodation requests related to a disability should be made at least 24 hours prior to classes to Wendy Christensen, Associate Director of Fitness & Recreation wc701@georgetown.edu</p>