

Human Performance Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 a.m. (PP) PACE Craig		5:15 a.m. (PP) PACE Meredith		
7 a.m. (PP) PACE Lauren		7 a.m. (PP) PACE Meredith		7 a.m. (PP) PACE Lauren	7 a.m. (PP) PACE Meredith
8 a.m. (PP) PACE Kyle				8 a.m. (PP) PACE Meredith	
9 a.m. (PP) PACE Lauren	9 a.m. (8W) Build Better Bones Lauren	9 a.m. (PP) PACE Lauren	9 a.m. (8W) Build Better Bones Lauren		
					9:15 a.m. (PP) PACE Meredith
	11:30 a.m. (8W) Rock Steady Boxing Maddie		11:30 a.m. (8W) Rock Steady Boxing Kyle		
					SUNDAY
1 p.m. (8W) Rock Steady Boxing Kyle/Lauren		1 p.m. (8W) Rock Steady Boxing Maddie/Lauren			1 p.m. to 5 p.m. HP closed
2:15 p.m. (8W) Rock Steady Boxing Kyle		2:15 p.m. (8W) Rock Steady Boxing Maddie			
4 p.m. (PP) PACE Craig			4 p.m. (8W) Women on Weights Erik		
5 p.m. (8W) Women on Weights Erik					
6 p.m. (8W) Women on Weights Erik	6:15 p.m. (PP) PACE Jonathan		6:15 p.m. (8W) Women on Weights Erik		

PP = Punch Pass

8W = 8 Week Sessions