

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	
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 Kyle	9 a.m. (PP) PACE Lauren	9 a.m. (8W) Build Better Bones Kyle		
	10 a.m. (8W) Build Better Bones Kyle				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/Joey		1 p.m. (8W) Rock Steady Boxing Maddie/Jack			1 p.m. to 5 p.m. HP closed
2:30 p.m. (8W) Rock Steady Boxing Kyle		2:30 p.m. (8W) Rock Steady Boxing Maddie			
4 p.m. (PP) PACE Craig					
5 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 p.m. (8W) Women on Weights Erik		

PP = Punch Pass

8W = 8 Week Sessions