

Group Exercise Schedule Fall 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6 am - 6:15 am	Spin Cycling (6:00 - 7:00) - Sophia				
6:15 - 6:30 am				Spin Cycling (6:15 - 7:00) - Audra	
6:30 - 6:45 am					
6:45 - 7:00 am					
7:00 am - 7:15 am					
7:15 am - 7:30 am					
7:30 am - 8 am					
8 am - 9am					
9 am - 9:15 am	Intermediate Ballet (9:00 - 10:00) - Rebecca W.				
9:15 am - 9:30 am					
9:30 am - 9:45 am					
9:45 am - 10:00 am					
10 am - 11 am					
11:00 am - 11:15 am			Pilates (11:00 - Noon) - Suzie		
11:15 am - 11:30 am					
11:30 am - 11:45 am					
11:45 am - 12:00 pm					
12:00 pm - 12:15 pm	Core (12:00 - 1:00) - Suzie	Pilates/Barre Conditioning (12:00 - 1:00) - Kira	Core (12:00 - 1:00) - Suzie	Step (12:00 - 1:00) - Suzie	Yoga (12:00 - 1:00) - Marc
12:15 pm - 12:30 pm					
12:30 pm - 12:45 pm		Cross-Fit (12:00 - 1:00 Intramural Field) - Ka			
12:45 pm - 1:00 pm					
1:00 pm - 1:15 pm	P.E. Reserved	P.E. Reserved		P.E. Reserved	
1:15 pm - 1:30 pm	(1:00 - 2:00)	(1:00 - 2:00)		(1:00 - 2:00)	
1:30 pm - 1:45 pm			Intermediate Ballet (1:30 - 2:30) - Rebecca W.		
1:45 pm - 2:00 pm					
2:00 pm - 2:15 pm	P.E. Reserved	P.E. Reserved		P.E. Reserved	
2:15 pm - 2:30 pm	(2:00 - 3:00)	(2:00 - 3:00)		(2:00 - 3:00)	
2:30 pm - 2:45 pm			Belly Dance (2:30 - 3:30) - Deanna		
2:45 pm - 3:00 pm					
3:00 pm - 3:15 pm		Cardio Kickboxing (3:00 - 4:00) - Natasha		Cardio Kickboxing (3:00 - 4:00) - Natasha	
3:15 pm - 3:30 pm					
3:30 pm - 3:45 pm			Cardio Dance (3:30 - 4:30) - Deanna		
3:45 pm - 4:00 pm					
4:00 pm - 4:15 pm		Pilates (4:00 - 5:00) - Rebecca E.			
4:15 pm - 4:30 pm					
4:30 pm - 4:45 pm					
4:45 pm - 5:00 pm					
5:00 pm - 5:15 pm	Spin Cycling (5:00 - 5:45) - Audra	Pop/Hop Dance (5:00 - 6:00) - Kira	Yoga (5:00 - 6:30) - Marc		Reserved Step Team
5:15 pm - 5:30 pm				Pilates/Barre Conditioning (5:15-6:15) - Kira	(5:00 - 6:30)
5:30 pm - 5:45 pm					
5:45 pm - 6:00 pm	Yoga (5:45-7:00) - Hilary				
6:00 pm - 6:15 pm		Spin Cycling (6:00 - 7:00) - Sophia			
6:15 pm - 6:30 pm				Yoga (6:15-7:30) - Hilary	
6:30 pm - 6:45 pm			Spin Cycling (6:30-7:30) - Sarah		
6:45 pm - 7:00 pm					
7:00 pm - 7:15 pm	P.E. Reserved	TaeKwonDo (7:00 - 8:00) - Seram			Reserved Dance In Flight
7:15 pm - 7:30 pm	(7:00 - 9:00)				(7:00 - 9:00)
7:30 pm - 8 pm				Reserved for	
8 pm - 9 pm				Cheer	
9 pm - 10 pm	Reserved for		Reserved for		
10 pm - 11 pm	Dance Team		Dance Team		

*****Hydro Sculpt - Wednesdays, 5:15 p.m. @ Pool - Hannah*****

Classes are non-refundable except in case of emergency. Please visit the Campus Recreation website at <http://www.pepperdine.edu/campusrecreation/fitness/> or call 310.506.4490.



****Intermediate Ballet & TaeKwonDo are Instructional Courses - Additional Costs Apply****

Classes are subject to change without notification

Revised 10/7/2009