

Phys Ed Class Offerings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am						
6am						
7am					7:00-7:30 Wake up Yoga (Monica)	
8am						
9am		9:30-10:15 Total Body Challenge (Stephanie)				9:00-10:00 Zumba start April 2 (Leah Brown)
10am						
11am						
12pm	12:00-12:45 start April 2 Aroma Yoga (Monica)		12:00-12:45 Boot Camp Cardio (Stephanie)			
1pm						
2pm	2:00-2:30 Senior Class (Monica)					
3pm		3:30-4:00 Karate Preschool	3:30-4:00 Gym Skills Yoga	3:30-4:00 Karate Preschool		
4pm	4:00-4:45 Yoga (Shelby)	4:15 -5:00 Shorin Ryu K-6th	4:00-4:30 Gym Skills Mobile Gym 4-12 4:30-5:00 Read and Roll	4:15 -5:00 Shorin Ryu K-6th		
5pm	5:00-5:45 Yoga (Shelby)	5:15-6:00 Shorin Ryu K-6th	5:15-6:00 Yoga (Shelby)	5:15-6:00 Shorin Ryu K-6th		
6pm		6:15- 7:00 Shorin Ryu Family	6:15-7:00 Yoga (Shelby)	6:15- 7:00 Shorin Ryu Family	6:00-7:00 Mixed Tape Dance Class (Vonnetta)	6:00-7:00 Yoga and Wine (Monica)
7pm		7:00-7:45 Shorin Ryu Adult	7:15-8:00 Total Body Challenge (Stephanie)	7:00-7:45 Shorin Ryu Adult		
8pm						
9pm						
10pm						