

WELLNESS CENTER CLASSES

SIGN-UP AND PAY FOR CLASSES AT FRONT DESK (693-1075)

Hours of Operation: **Monday-Thursday**-6:00AM-10:00PM **Friday**-6:00AM-9:00PM **Saturday**-7:00AM-2:00PM **Sunday**- 10:00AM-2:00PM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(1)7:00-8:00AM		1.YOGA W/VANESSA				
(2)8:00-9:00AM						2. YOGA W/VANESSA
(3)9:00-10:00AM	3.CORE EXPLORATION W/LORENZO		3.OPT SCULPT W/ LORENZO			3.BOOTCAMP W/AMY
(4)10:00-11:00AM	P.E. Zoanne Terry		P.E. Zoanne Terry			
(1)11:00-12:00PM		P.E. Erik Heikkila		P.E. Erik Heikkila		1.JACKSON MARTIAL ARTS
(2)12:00-1:00PM	2.KICKBOXING W/MAYA	2.ZUMBA W/ GAYNEL	2.KICKBOXING W/MAYA	2.ZUMBA W/ GAYNEL	2.KICKBOXING W/MAYA	2.JACKSON MARTIAL ARTS
(3)1:00-2:00PM	P.E Ruth David		P.E Ruth David			
(1)2:00-3:00PM (2)3:00-4:00PM (3)4:00-5:00PM	P.E. Zoanne Terry		P.E. Zoanne Terry			
(1)5:00-6:00PM		1.KICKBOXING W/MAYA				
(2)6:00-7:00PM	2.RIPPED W/LYNNSY	2.BOOTCAMP W/AMY	2.CCORE CONSCIOUSNESS W/MAYA			
(1)7:00-9:00PM	UVI DANCE TEAM	UVI CHEERLEADING TEAM	UVI DANCE TEAM	UVI CHEERLEADING TEAM	UVI DANCE TEAM	