

Time	Monday	Tuesday	Wednesday	Thursday
8:00am				
9:00am	<p style="text-align: center;">MW ES-009 A-B-C Aerobic Dance 9:30-10:20am <b>(S. Nordquist)</b></p>	<p style="text-align: center;">TTH ES-009 A-B-C Aerobic Dance 9:30-10:20am <b>(S. Nordquist)</b></p>	<p style="text-align: center;">MW ES-009 A-B-C Aerobic Dance 9:30-10:20am <b>(S. Nordquist)</b></p>	<p style="text-align: center;">TTH ES-009 A-B-C Aerobic Dance 9:30-10:20am <b>(S. Nordquist)</b></p>
10:00am				
11:00am	<p style="text-align: center;">MW ES-019 A-B-C Physical Fitness 11-11:50am <b>(TBD)</b></p>	<p style="text-align: center;">TH ES-028 YOGA A-B-C 11:00-11:50am <b>(J. Tomaschke)</b></p>	<p style="text-align: center;">MW ES-019 A-B-C Physical Fitness 11-11:50am <b>(TBD)</b></p>	<p style="text-align: center;">TH ES-028 YOGA A-B-C 11:00-12:50pm <b>(J. Tomaschke)</b></p>
12:00pm		<p style="text-align: center;">TTH ES-180 Self Defense for Women 12:30-1:20pm <b>(H. Wilson)</b></p>		<p style="text-align: center;">TTH ES-180 Self Defense for Women 12:30-1:20pm <b>(H. Wilson)</b></p>
1:00pm		<p style="text-align: center;">TTH ES-180 Self Defense for Women 12:30-1:20pm <b>(H. Wilson)</b></p>		<p style="text-align: center;">TTH ES-180 Self Defense for Women 12:30-1:20pm <b>(H. Wilson)</b></p>
1:30pm-4:00pm	No Classes			
4:00pm				
5:00pm	<p style="text-align: center;">MW ES-009 A-B-C Aerobic Dance 5:00-5:50pm <b>(L. Dillard)</b></p>	<p style="text-align: center;">T ES-028 YOGA A-B-C 5:00-6:50pm <b>(J. Tomaschke)</b></p>	<p style="text-align: center;">MW ES-009 A-B-C Aerobic Dance 5:00-5:50pm <b>(L. Dillard)</b></p>	<p style="text-align: center;">TH ES-013 Flexibility Fitness 5:00-6:50pm <b>(J. Tomaschke)</b></p>