



University at Buffalo
Division of Athletics, Recreation and Intramural Sports
Group Fitness Fall 2010 Schedule

Semester dates: 9/7/10-12/18/10

Day/Time	Location	Room	Instructor	Class
Monday				
7:00-8:00 AM	Alumni Arena	144	Robin	Indoor Cycling
12:00-1:00 PM	Alumni Arena	75	Jessica	Sculpt
12:00-1:00 PM	Clark Hall	DS	Joan	Sculpt
5:00-6:00 PM	Alumni Arena	75	Peter	Tae bo
5:00-6:00	Alumni Arena	144	Aubrey	Indoor Cycling
8:00-8:45 PM	Alumni Arena	144	Meghan	Indoor Cycling
Tuesday				
12:00-1:00 PM	Clark Hall	DS	Lisa	Yoga
5:00-6:00 PM	Alumni Arena	75	Amanda	Indoor Cycling
7:00-8:00 PM	Alumni Arena	75	Ray	Boot Camp
Wednesday				
7:00-8:00 AM	Alumni Arena	144	Robin	Indoor Cycling
12:00-1:00 PM	Alumni Arena	75	Lisa	Yoga
12:00-1:00 PM	Clark Hall	DS	Chris	Sculpt
5:00-6:00 PM	Alumni Arena	75	Peter	Tae bo
5:00-6:00 PM	Alumni Arena	144	Aubrey	Indoor Cycling
8:00-8:45 PM	Alumni arena	144	Meghan	Indoor Cycling
Thursday				
12:00-1:00 PM	Clark Hall	DS	Kristin	Sculpt
5:00-6:00 PM	Alumni Arena	144	Kristin	Indoor Cycling
7:00-8:00 PM	Alumni Arena	75	Ray	Boot Camp
5:00-6:00 PM	Clark Hall	DS	Lisa	Yoga
Friday				
7:00-8:00 AM	Alumni Arena	144	Robin	Indoor Cycling
12:00-1:00 PM	Alumni Arena	75	Jessica	Sculpt
12:00-1:00 PM	Clark Hall	DS	Joan	Pilates
4:30-5:30 PM	Alumni Arena	144	Jessica	Indoor Cycling
Saturday				
10:45-11:45 AM	Alumni Arena	75	Joyce	Zumba

DS - Dance Studio

No classes: November 24-28

Classes begin - September 7th, 2010