



Spring 2020

Fitness Center (Kinesiology lab) classes



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	MW 8:00-9:15am HED-251 Health Lifestyle L. Hollands	TTH 8:30- 9:20am ES-019 Boot Camp S. Nordquist	MW 8:00-9:15am HED-251 Health Lifestyle L. Hollands	TTH 8:30- 9:20am ES-019 Boot Camp S. Nordquist	
9:00am					Friday 9:00- 12:05pm ES-012 Sport Conditioning B. H-Aleu/ D. Proffitt
10:00am	MW 9:30-10:45am ES-011 Cardio Fitness and Nutrition L. Dillard	TTH 9:30- 10:20am ES-001 Adapted Physical Exercise J. Tomaschke	MW 9:30-10:45am ES-011 Cardio Fitness and Nutrition L. Dillard	TTH 9:30- 10:20am ES-001 Adapted Physical Exercise J. Tomaschke	
11:00am	MW 11:00-11:50am ES-001 Adapted Physical Exercise D. Proffitt	TTH 11:00-11:12:15pm ES-011 Circuit Training L. Dillard	MW 11:00-11:50am ES-001 Adapted Physical Exercise D. Proffitt	TTH 11:00-11:15pm ES-011 Circuit Training L. Dillard	
12:00pm		TTH 11:00-11:12:15pm ES-011 Circuit Training L. Dillard		TTH 11:00-11:15pm ES-011 Circuit Training L. Dillard	
1:00pm					
2:00pm		TTH 2:00-3:00pm Women Soccer Team (J. Tomaschke)		TTH 2:00-3:00pm Women Soccer Team (J. Tomaschke)	
3:00pm-6:00pm No Classes					
6:00pm					
7:00pm					