<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Build It Up! Strength</strong> 12:00-12:45 PM (I) Yifat</td>
<td><strong>Yoga Flow</strong> 12:00-12:45 PM (I) Hannah D</td>
<td><strong>Circuit Challenge</strong> 12:00-12:45 PM (I) Jeff</td>
<td><strong>Yoga Flow</strong> 12:00-12:45 PM (I) Hannah D</td>
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<td><strong>Tuesday</strong></td>
<td><strong>PiYo</strong> 4:30-5:20 PM (I) Marieclare</td>
<td><strong>Cardio Burn</strong> 4:30-5:20 PM (I) Aldo</td>
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<td><strong>Wednesday</strong></td>
<td><strong>Ab Lab</strong> 5:30-5:50 PM (I) Vivian</td>
<td><strong>Ab Lab</strong> 5:30-5:50 PM (I) Amanda/Paulina</td>
<td><strong>Ab Lab</strong> 5:30-5:50 PM (I) Vivian</td>
<td><strong>Ab Lab</strong> 5:30-5:50 PM (I) Tori</td>
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<td><strong>Thursday</strong></td>
<td><strong>Brazilian Booty</strong> 6:00-6:50 PM (I) Vivian</td>
<td><strong>Boot Camp</strong> 6:00-6:30 PM (I) Mike</td>
<td><strong>Strength HIIT</strong> 6:00-6:50 PM (I) Vivian</td>
<td><strong>Yoga Flow</strong> 6:00-6:50 PM (I) Claire</td>
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<td><strong>Monday</strong></td>
<td><strong>Zumba</strong> 7:00-7:50 PM (I) Fayad</td>
<td><strong>Hip Hop Pop Cardio</strong> 7:00-7:50 PM (I) Fayad</td>
<td><strong>Zumba</strong> 7:00-7:50 PM (I) Fayad</td>
<td><strong>Yoga Flow</strong> 8:00-9:00 PM (I) Anna</td>
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<td><strong>Tuesday</strong></td>
<td><strong>Yoga Flow</strong> 8:15-9:15 PM (I) Claire</td>
<td><strong>Yoga Flow</strong> 8:00-9:00 PM (I) Hummingbird</td>
<td><strong>Yoga Flow</strong> 8:15-9:15 PM (I) Regiane</td>
<td><strong>Yoga Flow</strong> 8:00-9:00 PM (I) Anna</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td><strong>Boot Camp</strong> 6:30-7:20 AM (I) Vivian</td>
<td><strong>Boot Camp</strong> 6:30-7:20 AM (I) Jeff</td>
<td><strong>Boot Camp</strong> 6:30-7:20 AM (I) Marieclare</td>
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**MODIFIED SCHEDULE** for Monday, December 3rd-14th /No Classes between December 15th-January 13th
Class will resume Monday, January 14th / Go to www.lmu.edu/fitwell for more information
FALL GROUP EXERCISE SCHEDULE

**Build It Up! Strength**
Transform your body with targeted movements that are stacked together for an intense, challenging workout.

**PiYo**
PiYo combines the sculpting and core firming benefits of Pilates with the strength and flexibility of yoga. By increasing the speed you will burn calories and develop a lean body.

**Boot Camp**
This total body toning class will include a combination of plyometrics, sport specific training drills and functional strength exercises to maximize results.

**Ab Lab**
Strengthen your core strength, balance and posture with intense abdominal and low back exercises.

**Yoga Flow**
A dynamic, physically and spiritually energizing form of yoga that sculpts and stretches every muscle in the body. Linking one movement into the next in mindful manner.

**Strength HIIT**
Take sculpting to the next level. This class will incorporate heavy weight training at a high intensity.

**Zumba**
Easy to follow dance fitness class that is fun, energetic and leaves your body feeling amazing. Fuses Latin, international and popular music to create a dynamic and effective workout.

**Cardio Burn**
Build endurance in an intense workout. Continuous movement to the music keeps your heart pounding and sheds those calories.

**Brazilian Booty**
Be ready for a fun filled class that incorporates both dance and strength movements that you will have a blast doing!

**Circuit Challenge**
Push your limits in this personal circuit station class. Timed sets and carefully programmed exercises leave you drenched and empowered.

**Hip Hop Pop Cardio**
Learn fun dance moves to hip hop and pop music. Move and groove to the beat while burning calories.