

# WUFit

Monday	Tuesday	wednesday	Thursday
11:55 - 12:25 WUFit Express: Total Body Express	11:45 - 12:15 WUFit Express: Awesome Abs	11:45 - 12:15 WUFit Express: Love Your Legs	11:45 - 12:15 WUFit Express: Total Body Express
	3:30 - 4:00 Recharge (Rachel)	3:45 - 4:30 Total Body Conditioning (Caroline)	3:30 - 4:00 Recharge (Rachel)
5:00 - 5:30 Ab Lab (Caroline)			
6:00 - 6:45 Zumba (Ashley)		6:00 - 7:00 Zumba (Fabiola/Ashley)	6:30 - 7:00 MAX Conditioning (Caroline)
	7:00 - 8:00 Pump it Up! (Brittney)		7:30 - 8:15 Zumba (Ashley)
8:00 - 9:00 Pump it Up! (Brittney)	8:00 - 8:30 Ab Lab (Caroline)	8:45 - 9:30 Martial Arts Fitness (Rachel)	
	8:30 - 9:15 Martial Arts Fitness (Rachel)	9:30 - 10:00 Recharge (Rachel)	