## Clemente Center Fitness Schedule 7/8 through 7/26

Due to the Weight Room Flooring Project, classes held in the Racquetball Court unless marked.

| Monday  
7/8/19 | Tuesday  
7/9/19 | Wednesday  
7/10/19 | Thursday  
7/11/19 | Friday  
7/12/19 | Saturday  
7/13/19 | Sunday  
7/14/19 |
|---------|---------|-----------|-----------|-----------|-----------|-----------|
| 12:05-1:00pm  
Zumba®  
Tamara | 12:05-12:50pm  
Yoga  
Modess | 12:05-1:00pm  
MixxedFit®  
Tamara | 12:05-12:50pm  
Yoga  
Modess | 4:30-5:00pm  
Ab Attack  
Erica | | |
| 5:15-6:15pm  
Fit Challenge  
Erica | 5:15-6:15pm  
Kickboxing  
Taufida | 5:15-6:15pm  
YogaPilates  
Rebeca | 5:15-6:15pm  
Cardio Intervals  
Erica | | | |
| 6:30-7:30pm  
Strength Training  
Bailey & Jemoi | 6:20-6:50pm  
Ab Attack  
Taufida | 6:30-7:30pm  
Strength Training  
Bailey & Jemoi | | | | |

= class meets in the Weight Room

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| Monday  
7/15/19 | Tuesday  
7/16/19 | Wednesday  
7/17/19 | Thursday  
7/18/19 | Friday  
7/19/19 | Saturday  
7/20/19 | Sunday  
7/21/19 |
|---------|---------|-----------|-----------|-----------|-----------|-----------|
| 12:05-1:00pm  
Zumba®  
Tamara | 12:05-12:50pm  
Yoga  
Modess | 12:05-1:00pm  
MixxedFit®  
Tamara | 12:05-12:50pm  
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| 5:15-6:15pm  
Fit Challenge  
Erica | 5:15-6:15pm  
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Taufida | 5:15-6:15pm  
YogaPilates  
Rebeca | 5:15-6:15pm  
Cardio Intervals  
Erica | | | |
| 6:30-7:30pm  
Strength Training  
Bailey & Jemoi | 6:20-6:50pm  
Ab Attack  
Taufida | 6:30-7:30pm  
Strength Training  
Bailey & Jemoi | | | | |

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| Monday  
7/22/19 | Tuesday  
7/23/19 | Wednesday  
7/24/19 | Thursday  
7/25/19 | Friday  
7/26/19 | Saturday  
7/27/19 | Sunday  
7/28/19 |
|---------|---------|-----------|-----------|-----------|-----------|-----------|
| 12:05-1:00pm  
Zumba®  
Tamara | 12:05-12:50pm  
Yoga  
Modess | 12:05-1:00pm  
MixxedFit®  
Tamara | 12:05-12:50pm  
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Modess | 4:30-5:00pm  
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Erica | | |
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Cardio Intervals  
Erica | | | |
| 6:30-7:30pm  
Strength Training  
Bailey & Jemoi | 6:20-6:50pm  
Ab Attack  
Taufida | 6:30-7:30pm  
Strength Training  
Bailey & Jemoi | | | | |

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Schedule subject to change. Questions? Visit www.fit.edu/clemente-center or call 674-7785.

Updated 7/8/19