

LEAP Fall 2009 Class Schedule

Most classes are held in the William J. Holmes Sports & Fitness Center
located on the residential campus of Simmons College

Please check back for changes and updates

Location	Sunday 13-Sep	Monday 14-Sep	Tuesday 15-Sep	Wednesday 16-Sep	Thursday 17-Sep	Friday 18-Sep
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool	Learn to Dive 3-4pm					
Location	Sunday 20-Sep	Monday 21-Sep	Tuesday 22-Sep	Wednesday 23-Sep	Thursday 24-Sep	Friday 25-Sep
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool	Learn to Dive 3-4pm					
Location	Sunday 27-Sep	Monday 28-Sep	Tuesday 29-Sep	Wednesday 30-Sep	Thursday 1-Oct	Friday 2-Oct
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool	Learn to Dive 3-4pm					

Location	Sunday 4-Oct	Monday 5-Oct	Tuesday 6-Oct	Wednesday 7-Oct	Thursday 8-Oct	Friday 9-Oct
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool	Learn to Dive 3-4pm					
Location	Sunday 11-Oct	Monday 12-Oct	Tuesday 13-Oct	Wednesday 14-Oct	Thursday 15-Oct	Friday 16-Oct
Dance Studio I		Columbus Day No Classes	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool						
Location	Sunday 18-Oct	Monday 19-Oct	Tuesday 20-Oct	Wednesday 21-Oct	Thursday 22-Oct	Friday 23-Oct
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool	Learn to Dive 3-4pm					

Location	Sunday 25-Oct	Monday 26-Oct	Tuesday 27-Oct	Wednesday 28-Oct	Thursday 29-Oct	Friday 30-Oct
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool	Learn to Dive 3-4pm					
Location	Sunday 1-Nov	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool						
Location	Sunday 8-Nov	Monday 9-Nov	Tuesday 10-Nov	Wednesday 11-Nov	Thursday 12-Nov	Friday 13-Nov
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	Veterans' Day No Classes	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm		Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool						

Location	Sunday 15-Nov	Monday 16-Nov	Tuesday 17-Nov	Wednesday 18-Nov	Thursday 19-Nov	Friday 20-Nov
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool						
Location	Sunday 22-Nov	Monday 23-Nov	Tuesday 24-Nov	Wednesday 25-Nov	Thursday 26-Nov	Friday 27-Nov
Dance Studio I	<h1>Thanksgiving Break</h1> <h2>No Classes</h2>					
Dance Studio II						
Spin Room						
Pool						
Location	Sunday 29-Nov	Monday 30-Nov	Tuesday 1-Dec	Wednesday 2-Dec	Thursday 3-Dec	Friday 4-Dec
Dance Studio I		FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	FitFighting 5-6pm Firm & Burn 6-7pm	Ballet 4-5pm Cardio Kick 5-6pm Power Yoga 6-7pm	
Dance Studio II			Rock Hard Core 5-6pm	Cardio Salsa 6-7pm	Rock Hard Core 5-6pm	
Spin Room			Spinning 6-7pm		Spinning 6-7pm	
Pool						