

LEAP Fall 2008 Class Schedule

All 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 14-Sep	Monday 15-Sep	Tuesday 16-Sep	Wednesday 17-Sep	Thursday 18-Sep	Friday 19-Sep
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool				Fun Time Splash 6:30-7:30pm		
Location	Sunday 21-Sep	Monday 22-Sep	Tuesday 23-Sep	Wednesday 24-Sep	Thursday 25-Sep	Friday 26-Sep
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	KickBoxing 5-6pm
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool	Learn to Dive 5:00-6:30pm			Fun Time Splash 6:30-7:30pm		
Location	Sunday 28-Sep	Monday 29-Sep	Tuesday 30-Sep	Wednesday 1-Oct	Thursday 2-Oct	Friday 3-Oct
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	KickBoxing 5-6pm
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool	Learn to Dive 5:00-6:30pm			Fun Time Splash 6:30-7:30pm		

Location	Sunday 5-Oct	Monday 6-Oct	Tuesday 7-Oct	Wednesday 8-Oct	Thursday 9-Oct	Friday 10-Oct
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool	Learn to Dive 5:00-6:30pm			Fun Time Splash 6:30-7:30pm		
	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct
Dance Studio I		No Classes Columbus Day	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	KickBoxing 5-6pm
Spin Room					Spinning 7-8pm	
Pool	Learn to Dive 5:00-6:30pm				Fun Time Splash 6:30-7:30pm	
	19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	KickBoxing 5-6pm
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool	Learn to Dive 5:00-6:30pm			Fun Time Splash 6:30-7:30pm		

Location	Sunday 26-Oct	Monday 27-Oct	Tuesday 28-Oct	Wednesday 29-Oct	Thursday 30-Oct	Friday 31-Oct	
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm		
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm		
Spin Room		Spinning 7-8pm			Spinning 7-8pm		
Pool				Fun Time Splash 6:30-7:30pm			
	2-Nov	3-Nov	4-Nov	5-Nov	6-Nov	7-Nov	
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm		
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	KickBoxing 5-6pm	
Spin Room		Spinning 7-8pm			Spinning 7-8pm		
Pool				Fun Time Splash 6:30-7:30pm			
	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov	14-Nov	
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	No Classes Veteran's Day	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm		
Dance Studio II					Pilates 5:30-6:30pm	KickBoxing 5-6pm	
Spin Room		Spinning 7-8pm				Spinning 7-8pm	
Pool					Fun Time Splash 6:30-7:30pm		

Location	Sunday 16-Nov	Monday 17-Nov	Tuesday 18-Nov	Wednesday 19-Nov	Thursday 20-Nov	Friday 20-Nov
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool				Fun Time Splash 6:30-7:30pm		
	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov	28-Nov
Dance Studio I	THANKSGIVING BREAK NO CLASSES					
Dance Studio II						
Spin Room						
Location	Sunday 30-Nov	Monday 1-Dec	Tuesday 2-Dec	Wednesday 3-Dec	Thursday 4-Dec	Friday 5-Dec
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm Cardio Funk 7-8pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	
Dance Studio II			Power Yoga 5-6pm Pilates 6-7pm		Pilates 5:30-6:30pm	KickBoxing 5-6pm
Spin Room		Spinning 7-8pm			Spinning 7-8pm	
Pool				Fun Time Splash 6:30-7:30pm		