

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
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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	
Location	Sunday 28-Sep	Monday 29-Sep	Tuesday 30-Sep	Wednesday 1-Oct	Thursday 2-Oct
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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	

Location	Sunday 5-Oct	Monday 6-Oct	Tuesday 7-Oct	Wednesday 8-Oct	Thursday 9-Oct
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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
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
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
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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	

Location	Sunday 26-Oct	Monday 27-Oct	Tuesday 28-Oct	Wednesday 29-Oct	Thursday 30-Oct
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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	
	9-Nov	10-Nov	11-Nov	12-Nov	13-Nov
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	No Classes Veteran's Day	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm			Pilates 5:30-6:30pm
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
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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
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
Dance Studio I		Yogalates 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II		Cardio Funk 7-8pm	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	