

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	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
Location	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
Location	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

Location	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
Location	Monday 13-Oct	Tuesday 14-Oct	Wednesday 15-Oct	Thursday 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
Location	Monday 20-Oct	Tuesday 21-Oct	Wednesday 22-Oct	Thursday 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

Location	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
Location	Monday 3-Nov	Tuesday 4-Nov	Wednesday 5-Nov	Thursday 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
Location	Monday 10-Nov	Tuesday 11-Nov	Wednesday 12-Nov	Thursday 13-Nov
Dance Studio I	Yogalates 5-6pm Yo-Bo 6-7pm	No Classes	Khundalini 5-6pm Yo-Bo 6-7pm	Ballet 5-6pm Core Training 6-7pm
Dance Studio II	Cardio Funk 7-8pm	Veteran's Day		Pilates 5:30-6:30pm
Spin Room	Spinning 7-8pm			Spinning 7-8pm

Location	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
Location	Monday 24-Nov	Tuesday 25-Nov	Wednesday 26-Nov	Thursday 27-Nov
Dance Studio I	THANKSGIVING BREAK NO CLASSES			
Dance Studio II				
Spin Room				
Location	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