



AEROBIC SCHEDULE

Maxwell/Gunter Fitness Center (334)953-5953



Monday	Tuesday	Wednesday	Thursday	Friday
2 1100 Strength-Shelby (Max) 1500 HIIT-Fred (Max)	3 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max)	4 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1200 Cardio-Kashina (Gun) 1500 HIIT Fred (Max) 1730 Spin-Megan (Max)	5 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 0915 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun) 1200 Cardio-Kashina (Gun)	6 1130 Line Dancing Kashina (Max)
9 1100 Strength-Shelby (Max) 1500 HIIT-Fred (Max)	10 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max)	11 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1200 Cardio-Kashina (Gun) 1500 HIIT Fred (Max) 1730 Spin-Megan (Max)	12 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 0915 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun) 1200 Cardio-Kashina (Gun)	13 1130 Line Dancing Kashina (Max)
16 1100 Strength-Shelby (Max) 1500 HIIT-Fred (Max)	17 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max)	18 1100 Tabata-Rebecca (Max) 1130 Cardio-Kashina (Gun) 1200 Cardio-Kashina (Gun) 1500 HIIT Fred (Max) 1730 Spin-Megan (Max)	19 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 0915 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun) 1200 Cardio-Kashina (Gun)	20 1130 Line Dancing Kashina Max)
23 1100 Strength-Shelby (Max) 1500 HIIT-Fred (Max)	24 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max)	25 	26 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 0915 Spin/Strength-Megan (Max) 1130 HIIT/Strength-Kashina (Gun) 1200 Cardio-Kashina (Gun)	27 1130 Line Dancing Kashina (Max)
30 1100 Strength-Shelby (Max) 1500 HIIT-Fred (Max)	31 0600 Strength-Shelby (Max) 0630 Strength-Shelby (Max) 1100 Cardio-Shelby (Gun) 1100 Spin-Megan (Max)			