

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM			7:30am-8:20am Mat Pilates Kira			
10:00AM		Tai Chi Briony				
11:00AM		11am-11:30am Tai Chi Form Practice Briony				
12:00PM	Fury Lydia		Fury Lydia			
4:00pm			Tai Chi Briony  5pm-5:30pm Tai Chi Form Practice Briony			
5:00pm					Mat Pilates Kira	

\*\*Starting August 21 7:30am Mat Pilates will move to 10am reflecting new hours at Edwards Field House\*\*