<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td><em>6:00 am</em> Early Bird Fitness Zona Major (TigeRec-1 hour)</td>
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<tr>
<td><em>1:00/2:00 pm</em> Okinawan Karate (aerobics rm-45 min) Austin Galeski</td>
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<tr>
<td><em>3:00 pm</em> Martial Arts Class (aerobics rm-1hr) Dr. Dennis Stevens</td>
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<tr>
<td><em>5:00 pm</em> Anybody Can Toning (aerobics rm-1 hr) Debbie Stracke</td>
<td><em>5:30 pm</em> Zumba® (aerobics rm-45 min) Betsy Leonard</td>
<td><em>5:00 pm</em> Ashtanga Yoga (aerobics rm-90 min) Betsy Stracke</td>
<td><em>5:00 pm</em> Anybody Can Toning (aerobics rm-1 hr) Debbie Stracke</td>
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<tr>
<td><em>5:45pm</em> Aqua Zumba® (pool- 1hr) Patsy Watson</td>
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<tr>
<td><em>7:00 pm</em> Club Fencing (aerobics rm-1hr)</td>
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<td><em>7:00 pm</em> Martial Arts Class (aerobics rm-1hr) Dr. Dennis Stevens</td>
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<tr>
<td><em>8:00 pm</em> Okinawan Karate (aerobics rm-90 min) Austin Galeski</td>
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<td><em>8:00 pm</em> Club Fencing (aerobics rm-1hr) Dr. Dennis Stevens</td>
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For more information regarding the group fitness classes, contact Betsy Leonard
434.223.7221    eleonard@hsc.edu