

UTSC TEACHING STUDIO SCHEDULE WINTER 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:10-8:00am				Bootcamp (Christen)			
9:00-11:00am	<u>N'Sheemaehn</u> (Childcare Free Play)	<u>N'Sheemaehn</u> (Childcare Free Play)	Salsa Club 1 (Danny)	<u>N'Sheemaehn</u> (Childcare Free Play)	<u>N'Sheemaehn</u> (Childcare Free Play)		
10:10-11am			Salsa Club II (Danny)			All in One	
10:10-1pm			Archery -Meisam-GYM				
11:10am-12pm	Belly Dance (wow) (Zahra)	Yoga (Rachel)	<u>Women on Weights</u> (RS)	Yoga (Sofia)	Yoga (Rachel) <u>AC - GYM</u> (Cat)	Yoga (SC) (11am-12pm)	Yoga (NP) (11am-12pm)
12:10-1pm	Step it Up (Marianne)	Pilates (Sofia)	Cardio Core & Pump	Pilates (Sofia)	Zumba (Shauna)		TKD (Kegan)
1:10-2pm	TAB (Marianne)	Zumba (Mylene)	Step & Pump (Marianne)	Zumba (Ann)	M. Contemporary (Shauna)		SDG 1-10:30pm
2:00-3:00pm	FREE PLAY	FOR STUDENTS	→	→	Freedom Funkers' Fridays		→
1:00-3pm						M.M.A	
3:10-4pm	Group Fitness	Group Fitness	Lyrical Jazz (Tim)	House Hip Hop (Stephanie)	Strength & Stretch (Laura He)	SDG 3-10:30pm	
4:10-5pm	Karate (Jim & Noel)	Group Fitness	Pilates (Melissa)	Hip Hop (Phil)	Bollywood Dance (Bindia)		
5:10-6pm	Karate (Jim & Noel)	Belly Dance-(Sarah)	Yoga (Melissa)	Fitness Kickboxing (RS/RW/KC/KF)	Fitness Kickboxing (Imtiaz)		
6:10-7pm	Zumba (Mike)	Yoga (Cary)	Cardio, Core & Pump (Laura He)	Work it Out (Alisia)			
6:00-8pm					M.M.A		
7:10-8pm	Work It Out (Alisia)	Core Bootcamp (Cary)	Hip Hop (Miguel)	Kung Fu (Marvon)			
8:10-9pm	Taekwondo (Jeremiah)	Muay Thai (Sean)	Athletic Yoga (Ramona)	Muay Thai (Sean)			
8:10-10:30pm					Student Dance Groups 8-10:30pm		
9:00-10pm		Muay Thai (Sean)		Muay Thai (Sean)			
9:00-10:30pm	Residence Dance Group 9-10:30pm		Student Dance Groups 9-10:30pm				