new class/time/room change

STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING				6:00-7:00 Yoga Stability [Ashley]	6:30-7:00 BOSU-Core [Kerri]	8:30-9:30 Cardio Step [Karen P.]
	9:00-10:00 Future Class		9:00-10:00 Step [Karen P.]		9:00-10:00 Future Class	9:30-10:30 Cardio Blast [Kerri]
MID-DAY	11:30-12:30 Step +Core Strength (30/30) [Jim]	11:00-12:00 Body Pump [Luca]	11:30 – 12:30 Cardio Blast [Kerri]	11:00-12:00 Body Pump [Instructor]	11:30-12:30 Interval Training [Jessica]	10:30 – 11:30 Body Pump [Katherine/Luca]
		12:00-1:00 Tae-Kwon-Do [Stan/Matt]	3:30-4:30 Exercise for Life [Cinda]	12:00-1:00 Tae-Kwon-Do [Stan/Matt]	3:30-4:30 Exercise for Life [Cinda]	
EVENING	4:30-5:30 Cardio Blast [Kerri]	4:30– 5:30 Zumba [Diah]	4:30-5:30 Kickboxing [Kathryn]	4:30-5:30 Zumba [Tiffany]	5:00-6:00 Core Strength [Jim]	
	5:30-6:30 Dance Jam [Heather]	5:30-6:30 Cardio Blast [Debbie]	5:30-6:30 Body Pump [Leslie]	5:30-6:30 Muscle Jam [Heather]		
	6:30-7:30 Body Pump [Leslie]	6:30-7:30 Step [Christine]	6:30-7:30 Dancer's Sculpt [Heather]	6:30-7:30 Body Pump [Leslie]		

**Schedule subject to change without notice.

***Online Schedule can be found at www.starport.jsc.nasa.gov

**Instructors are Group Exercise and CPR/AED certified