STUDIO 1

Updated 1/3/13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING					6:30-7:00 BOSU-Core [Kerri]	
						9:30-10:30 Cardio Pump [Kerri]
MID-DAY	11:30-12:30 Step +Core Strength (30/30) [Jim]	11:00-12:00 Body Pump [Kathryn]	11:30 – 12:30 Cardio Pump [Kerri]	11:00-12:00 Body Pump [Luca]	11:30-12:30 Interval Training [Richard]	10:30 – 11:30 Body Pump [Kathryn/Luca]
		12:15-1:15 Tae-Kwon-Do [Stan/Matt]		12:15-1:15 Tae-Kwon-Do [Stan/Matt]	12:30-1:30 Tae-Kwon-Do [Stan/Matt]	
EVENING	4:30-5:30 Cardio Pump [Kerri]	4:30– 5:30 Zumba [Diah]	4:30-5:30 Kickboxing [Kathryn]	4:30-5:30 Body Pump [Leslie]	4:30-5:30 Core Strength [Jim]	
	5:30-6:30 Dance Jam [Heather]	5:30-6:30 Cardio Pump [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 Dance Jam [Angela]		

**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