

# Morton Hall Gym

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Dirty Dozen</b> 11 to 11:30 a.m.</p>		<p><b>Dirty Dozen</b> 11 to 11:30 a.m.</p>	<p>Please arrive at least five minutes prior to start of class. Classes subject to change, call 694-3521 for details.</p>		
<p><b>PRT Ready</b> 11:30 a.m. to noon</p>		<p><b>PRT Ready</b> 11:30 a.m. to noon</p>			
<p><b>Hard Core</b> 11:30 a.m. to noon</p>		<p><b>Hard Core</b> 11:30 a.m. to noon</p>			
<p><b>WOW</b> women on weights 4:30 to 5:15 p.m.</p>	<p>Intramural Conditioning 4:30 to 5:30 p.m.</p>		<p><b>WOW</b> women on weights 4:30 to 5:15 p.m.</p>	<p>family fitness friday 5 to 8 p.m.</p>	
<p><b>PLYO POWER</b> 6 to 6:30 p.m.</p>		<p><b>Tactical Strength</b> 6 to 6:45 p.m.</p>	<p>Stroller Strut 6 to 6:45 p.m.</p>		
<p><i>Speed &amp; Agility</i> 6 to 6:30 p.m.</p>		<p><b>FIT IN FLEXIBILITY</b> 6:45 to 7 p.m.</p>			