

State Technical College of Missouri Activity Center
Exercise Class Schedule - October 2016

Revised Sept. 23 - 1:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:00-9:15 Amy & Stephanie COMBO. Class 45 min. BodyPump 30 min. CxWorx
2	3 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Stephanie	4 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	5 6:00-6:30 am CX Amy 9:00-10:00 am Mod. PiYo Carla 4:45-5:45 BP Stephanie 6:00-7:00 PiYo Carla	6 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	7 12:15-12:45 CX Matt	8 8:00-9:15 Stephanie COMBO. Class 45 min. BodyPump 30 min. CxWorx
9	10 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Stephanie	11 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	12 6:00-6:30 am CX Amy 9:00-10:00 am Mod. PiYo Carla 4:45-5:45 BP Amy No 6:00 PiYo	13 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	14 12:15-12:45 CX Matt	15 8:00-9:15 Stephanie COMBO. Class 45 min. BodyPump 30 min. CxWorx
16	17 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Stephanie	18 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	19 6:00-6:30 am CX Amy 9:00-10:00 am Mod. PiYo Carla 4:45-5:45 BP Amy 6:00-7:00 PiYo Carla	20 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Amy	21 12:15-12:45 CX Matt	22 8:00-9:15 Amy COMBO. Class 45 min. BodyPump 30 min. CxWorx
23	24 6:00-6:30 am CX Stephanie 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Stephanie	25 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	26 6:00-6:30 am CX Stephanie 9:00-10:00 am Mod. PiYo Carla 4:45-5:45 BP Stephanie 6:00-7:00 PiYo Carla	27 6:00-7:00 am PiYo Carla No noon PiYo 4:30-5:15 BC Matt 5:45-6:30 BC Matt No 6:45 CXWorx	28 12:15-12:45 CX Matt	29 8:00-9:15 Stephanie COMBO. Class 45 min. BodyPump 30 min. CxWorx
30	31 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Amy					