

Lombardi Recreation Center

Drop-in Class Schedule

FALL 2016

(August 29th – December 16th, 2016)

(No classes: 9/5, 10/28, 11/11, 11/24, 25, 26, 2016)

TIME	MON	TUE	WED	THU	FRI	SAT
6:30 AM 7:00 AM 7:30 AM	Cardio Kick-Start 6:30am 224B Cub Corp 7:00 am Fitness Reformer 7:30 LR9	Reformer 6:30 am LR9 Cub Corp 7:00 am Fitness Reformer 7:30 LR9	Cardio Kick-Start 6:30am 224B Cub Corp 7:00 am Fitness Reformer 7:30 LR9	Reformer 6:30 am LR9 Cub Corp 7:00 am Fitness Reformer 7:30 LR9	BARRE 6:30 am LR7 Cub Corp 7:00 am Fitness Reformer 7:30 LR9	
11:20 AM 12:00 PM	11:20 am Cyclone (30 min) 224C CrossFit Fitness The Alpha & Omega Project 224B Yoga LR1 Reformer LR9	11:20 am Cyclone (30 min) 224C CrossFit Fitness The Alpha & Omega Project 224B Mat Pilates LR1 Reformer LR9	11:20 am Cyclone (30 min) 224C CrossFit Fitness The Alpha & Omega Project 224B Yoga LR1 Reformer LR9	11:20 am TRX BLAST (30 min) 224B CrossFit Fitness The Alpha & Omega Project 224B Mat Pilates LR1 Reformer LR9	CrossFit Fitness BARRE LR7 The Alpha & Omega Project 224B Reformer LR9	9:00 am CrossFit Fitness 10:00 am Yoga LR1
1:00 PM 3:00 PM	Reformer 1:00 pm LR9 CrossFit Pink Fitness	Reformer 1:00 pm LR9 CrossFit Pink Fitness	Reformer 1:00 pm LR9 CrossFit Pink Fitness	Reformer 1:00 pm LR9 CrossFit Pink Fitness		
4:30 PM 5:30 PM	Cub Corp 4:30 pm Fitness CrossFit Fitness TRX 224B Yoga Sculpt LR1 Reformer LR9	Cub Corp 4:30 pm Fitness CrossFit Fitness Zumba 224B Power Yoga LR1	Cub Corp 4:30 pm Fitness CrossFit Fitness TRX 224B Yoga LR1 Reformer LR9	Cub Corp 4:30 pm Fitness CrossFit Fitness Zumba 224B Yoga LR1	Cub Corp 4:30 pm Fitness CrossFit Fitness Reformer LR9 Zumba LR1	
6:30 PM 6:45 PM	Tabata Bootcamp 224B CrossFit 6:45pm Fitness	Tabata Bootcamp 224B CrossFit 6:45pm Fitness	Zumba 224B CrossFit 6:45pm Fitness	TRX Combo 224B CrossFit 6:45pm Fitness		

You must sign up on *IMLeagues* (12+ hours before) or call 1 hour prior to start time (775-784-1950) for all Drop-In classes to participate.

CUB CORP: M-F @7:00am – 7:50am or 4:30pm – 5:20pm (5 weeks long).

\$50 Fee...refunded after completion of course. Forfeited if more than 3 classes missed. 12 of 15 classes completed to Graduate.

15 / 15 classes = Shirt + \$50.

#1 – September 12th – October 14th, 2016

#2 – October 17th – November 18th, 2016