All Events | Power Fitness | Martial Arts | Body Works

Monday	Tuesday	Wednesday	Thursday	Saturday
Martial Arts 09:00 - 10:30 Instructor: R. Bandana Room: 24 Level: Beginner		**Martial Arts** 09:00 - 10:30 Instructor: R. Bandana Room: 24 Level: Beginner	**Martial Arts** 09:00 - 10:30 Instructor: R. Bandana Room: 24 Level: Beginner	**Martial Arts** 09:00 - 12:45 Instructor: R. Bandana Room: 24 Level: All Levels
Power Fitness 11:00 - 12:45 Instructor: M. Moreau Room: 6 Level: Beginner	**Martial Arts** 11:00 - 12:45 Instructor: R. Bandana Room: 24 Level: Intermediate	**Power Fitness** 11:00 - 14:00 Instructor: M. Moreau Room: 6 Level: Advanced	**Power Fitness** 11:00 - 12:45 Instructor: M. Moreau Room: 6 Level: Beginner	
Body Works 13:00 - 14:00 Instructor: K. Nomak Room: 305A Level: All Levels	**Body Works** 13:00 - 14:00 Instructor: K. Nomak Room: 305A Level: All Levels			**Power Fitness** 13:00 - 14:00 Instructor: M. Moreau Room: 6 Level: All Levels
			Body Works 14:00 - 17:00 Instructor: K. Nomak Room: 305A Level: All Levels	**Body Works** 14:00 - 18:00 Instructor: K. Nomak Room: 305A Level: All Levels
Power Fitness 15:00 - 16:30 Instructor: M. Moreau Room: 6 Level: Advanced	**Power Fitness** 15:00 - 16:30 Instructor: M. Moreau Room: 6 Level: Advanced			