






FITNESS SCHEDULE FALL 2015 DKU CONFERENCE CENTER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM							
07:30 AM - 08:30 AM					Therapy Yoga (Maomao)		
10:00 AM - 11:00 AM							Aerobics (Maomao)
11:00 AM - 12:00 AM						Pilates (Maomao)	Power Yoga (Maomao)
PM							
05:45 PM - 06:45 PM		Tai-Chi (Huang Hui Feng)	Yoga (Coco)		Tai-Chi (Huang Hui Feng)		
06:00 PM - 07:00 PM				Zumba (Danni Shen)			
07:00 PM - 08:00 PM	Power Training (Maomao)						
07:30 PM - 08:30PM					Salsa (Maxi)		
08:00 PM - 09:00 PM	Hata Yoga (Maomao)				