

Please wear exercise attire for fitness classes.

*For more information and confirmation of lecture hall locations please call 758-3439

APFRI Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>0630 AWW Iron Major Yoga Gruber Gym</p> <p>1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>5</p>	<p>6</p> <p>1245</p> <p>The New PRT: What to Know Room 2325 L&C</p> <p>1530 AWW Combat Fitness Gruber Gym</p>	<p>7</p> <p>1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>8</p>
<p>11</p> <p>0630 AWW Cardio Strength Gruber Gym</p> <p>1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>12</p>	<p>13</p> <p>1245</p> <p>Stress & Resiliency Room 2325 L&C</p> <p>1530 AWW Injury Prevention Workout Gruber Gym</p>	<p>14</p> <p>1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>15</p>
<p>18</p> <p>0630 AWW Iron Major Yoga Gruber Gym</p> <p>1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>19</p>	<p>20</p> <p>1245</p> <p>A Guide to Running Shoes Marshall L&C</p> <p>1530 AWW Kardio Kettlebell Gruber Gym</p>	<p>21</p> <p>1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>22</p>
<p>25</p> <p>0630 AWW Kardio Kettlebell Gruber Gym</p> <p>1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>26</p>	<p>27</p> <p>1245</p> <p>Weight Control Marshall L&C</p> <p>1530 AWW Cardio Strength Gruber Gym</p>	<p>28</p> <p>1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)</p>	<p>29</p>