<table>
<thead>
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<th>Sun</th>
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</table>
| Yoga 12:05-12:55p  
Kickboxing 5-6pm  
Zumba 7-8pm | Washboard Abs 11am-12pm  
Belly Dancing 12:35-1:25pm  
Body Attack 3:30-4:30pm | T'ai Chi 12:05-12:55pm  
Body Attack 4-5pm  
Ab Attack 5-6pm  
Zumba 7-8pm | Butts & Guts 9:30-10:30am  
Yoga 12:35-1:25pm  
Kickboxing 3:30-4:30pm  
Washboard Abs 5-6pm | Ab Attack 12-1pm |       |     |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| FALL BREAK | FALL BREAK | T'ai Chi 12:05-12:55pm  
Body Attack 4-5pm  
Ab Attack 5-6pm  
Zumba 7-8pm | Butts & Guts 9:30-10:30am  
Yoga 12:35-1:25pm  
Kickboxing 3:30-4:30pm  
Washboard Abs 5-6pm | Ab Attack 12-1pm | Body Attack 11:15am-12:15pm  
Body Sculpt 12:15-1:15pm |     |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| Yoga 12:05-12:55p  
Kickboxing 5-6pm  
Zumba 7-8pm | Washboard Abs 11am-12pm  
Belly Dancing 12:35-1:25pm  
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Washboard Abs 5-6pm | Ab Attack 12-1pm | Body Attack 11:15am-12:15pm  
Body Sculpt 12:15-1:15pm |     |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| Yoga 12:05-12:55p  
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Body Sculpt 12:15-1:15pm |     |
| 30  | 31  |     |     |     |     |     |
| Yoga 12:05-12:55p  
Kickboxing 5-6pm  
Zumba 7-8pm |     |     |     |     |     |     |

All classes are held in ShipRec Room 107.  
The class schedule, class descriptions, and group fitness policies are posted at:  www.ship.edu/recreation.