

**State Technical College of Missouri - Activity Center
Exercise Class Staff Schedule -March 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00-6:30 am CX Amy 8:00-9:00 am Mod. PiYo Carla 12:00-1:00 BP Matt 4:45-5:45 BP Stephanie 6:00-7:00 PiYo Carla	2 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	3 12:15-12:45 CX Matt	4 8:00-9:15 Amy COMBO. Class 45 min. BodyPump 30 min. CxWorx
5	6 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Amy	7 6:00-7:00 am PiYo Carla NO PIYO at NOON 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	8 6:00-6:30 am CX Amy 8:00-9:00 am Mod. PiYo Carla 12:00-1:00 BP Matt 4:45-5:45 BP Stephanie 6:00-7:00 PiYo Carla	9 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	10 12:15-12:45 CX Matt	11 8:00-9:15 Stephanie Combo class up to instructors!
12	13 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Amy	14 6:00-7:00 am PiYo Carla NO PIYO at NOON 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	15 6:00-6:30 am CX Amy 8:00-9:00 am Mod. PiYo Carla 12:00-1:00 BP Matt 4:45-5:45 BP Amy 6:00-7:00 PiYo Carla	16 6:00-7:00 am PiYo Carla NO PIYO at NOON 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	17 12:15-12:45 CX Matt	18 8:00-9:15 Amy COMBO. Class 45 min. BodyPump 30 min. CxWorx
19	20 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Amy	21 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	22 6:00-6:30 am CX Amy 8:00-9:00 am Mod. PiYo Carla 12:00-1:00 BP Matt 4:45-5:45 BP Stephanie 6:00-7:00 PiYo Carla	23 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	24 12:15-12:45 CX Matt	25 8:00-9:15 Stephanie COMBO. Class 45 min. BodyPump 30 min. CxWorx
26	27 6:00-6:30 am CX Amy 12:00-1:00 BP Matt 4:30-5:15 Mod. PiYo Carla 5:45-6:45 PiYo Carla 7:00-8:00 BP Amy	28 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Matt	29 6:00-6:30 am CX Amy 8:00-9:00 am Mod. PiYo Carla 12:00-1:00 BP Matt 4:45-5:45 BP Stephanie 6:00-7:00 PiYo Carla	30 6:00-7:00 am PiYo Carla 12:00-1:00 PiYo Carla 4:30-5:15 BC Matt 5:45-6:30 BC Matt 6:45-7:15 CX Stephanie	31 NO CX	

BC- Boot Camp	CX - CxWorx	Mod. PiYo
BP - Body Pump	PiYo	