

Period	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
EB	Mile Monday FH Yoga G12 Stretch Class G14	BW workout FH Theraball Core workout G14	"Spinning" FH Pilates G12	Relaxation WR	
1	Yoga CorePower G14 Mobility Training G110 (s/c)	Going for Greatness G110 (S/C) WERQ Main	Character by Design EPI TRUE FIT G110	Bollywood G12 Brazilian Jiu Jitsu WR	
2	Zumba G12	Yoga CorePower G14	TRUE FIT G110	Yoga CorePower G14 Bollywood G12 Food and Mood ASCEND EPI	Cricket G110
3	Zumba G16 Brazilian Jiu Jitsu WR	Yoga CorePower G16	Yoga CorePower G16 TRUE FIT G110 Competitive Fitness for Life W336	Food and Mood ASCEND EPI	Health Rap Concert W336
4	Meditation G16		Wellness Fair Commons Dailey Method G16 TRUE FIT G110	Yoga Core Power G16	Pilates G16

5	Dodgeball Main Gym TRUE FIT G110 Mobility Training G109 (s/c)	Going for Greatness G110 (S/C) 3pt Shooting Competition Main Gym	Competitive Fitness for Life EPI Wellness Fair Commons Fitness Competition Stage Home Run Derby Main Gym	Character by Design EPI Brazilian Jiu Jitsu WR	Pound G16
6	Pound G16 Dodgeball Main Gym TRUE FIT G110	Zumba G16 3pt Shooting Competition Main Gym	Wellness Fair Commons Fitness Competition Stage Home Run Derby Main Gym	WERQ G16	Embracing Change G13 Krav Maga (for female students) WR
7	Pound G16 TRUE FIT G110 Mobility Training Main (s/c)	Zumba G16 Going for Greatness G110 (S/C)	Dailey Method G16	WERQ G16	Embracing Change G13
8		Pilates WR	Exercise and the Brain: A Year in Review EPI	Embracing Change W336 The Concussion Discussion G13	Exercise and Mindfulness W336 Cricket Milne G110
9	Mindfulness G16	Pilates WR	Yoga G16	Embracing Change W336 Debunking Strength and Conditioning Myths - G13	Character by Design W336 Meditation G16 Cricket - G110

