

# OB Recreation Center

## (251) 981-6028

### Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30am-8:30am Yoga		7:30am-8:30am Yoga		
8:00am-9:00am Zumba	8:30am-9:30am Pilates	8:00am-9:00am Zumba	8:30am-9:30am Pilates	8:00am-9:00am Pilates	
9:00am-10:00am Cardio Tone & Stretch	9:30am-10:30am Power Pump	9:00am-10:00am Cardio Tone & Stretch	9:30am-10:30am Power Pump	9:00am-10:00am Cardio Tone & Stretch	*9:00am-10:00am* Zumba
9:00am-10:00am Stott Pilates (MPR2)	10:30am-11:30am Pilates	9:00am-10:00am Stott Pilates (MPR2)	10:30am-11:30am Pilates	10:00am-11:00am Hatha Yoga	
10:00am-11:00am Hatha Yoga	*11:45pm-12:45pm* Boot Camp (MPR2)	10:00am-11:00am Hatha Yoga	*11:45pm-12:45pm* Boot Camp(MPR2)		
	*2:15pm-4:15pm* TaeKwonDo		*2:15pm-4:15pm* TaeKwonDo		
*5:45pm-6:45pm* Boot Camp(MPR2)		*5:45pm-6:45pm* Boot Camp( MPR2)			
*6:00pm-7:00pm* Zumba		*6:00pm-7:00pm* Zumba			

**Please note: Class schedule may change without notice!**  
**\* Classes indicated by an astrik are not included in class passes.\***