

<b>Day</b>	<b>Time</b>	<b>Class</b>	<b>Equipment</b>	<b>Meeting ID</b>	<b>Password</b>
Mondays: June 7-28	12:00pm- 12:15pm	<b>Midday Stretch</b>	Chair	890 4213 6114	<b>MonMOVE</b>
Mondays: June 7-28	4:45pm-5:15pm	<b>Werq</b>	Nothing!	786 4331 0025	<b>W3RQM</b>
Tuesdays: June 1-29	4:30pm-5:00pm	<b>Tabata Tuesday</b>	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	841 4624 8738	<b>SummerTAB</b>
Wednesdays: June 9-30	12:30pm- 12:45pm	<b>Midday Move &amp; Stretch</b>	Chair	886 3741 5040	<b>WedMOVE</b>
Wednesdays: June 9-30	4:30pm-5:00pm	<b>Cardio Burn</b>	Mat or towel	882 7936 9855	<b>CBjune!</b>
Wednesdays: June 9-30	5:05 pm-5:35 pm	<b>Body Blast</b>	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	861 4016 8410	<b>BodyBlast!</b>
Thursdays: June 10-24	6:00am-6:30am	<b>Strength &amp; Core</b>	Mat or towel & something weighted (Dumbbells, soup cans, water bottles)	893 4301 1382	<b>AMam!</b>
Thursdays: June 3-24	5:00pm-5:30pm	<b>Werq</b>	Nothing!	788 5430 2251	<b>W3RQTh</b>
Fridays: June 11-25	11:30am- 11:45am	<b>Midday Stretch</b>	Chair	825 2065 5556	<b>FriMOVE</b>
Saturdays: June 5-26	9:00am-9:30am	<b>Zumba®</b>	Nothing!	846 0858 2523	<b>SatZumba01</b>