

Time	Course Name	Course Number	Course Code	Location	Instructor
<b>Monday / Wednesday Courses</b>					
9-9:50AM	Body Sculpt	PHED BC 1581.01	00814	Studio 2	E. Laessig
10-10:50AM	Strength Training	PHED BC 1589.01	00817	BFC	E. Laessig
11-11:50AM	Cardio Circuits	PHED BC 1592.01	00819	Studio 2	M. Rodriguez
12-12:50PM	Beginning Yoga	PHED BC 1693.01	00824	Studio 2	C. Lanzas
12-12:50PM	Fitness Outside	PHED BC 1550.01	00811	200 Barnard Annex	E. Laessig
1:10-2PM	Tai Chi	PHED BC 1691.01	00822	Studio 2	S. Shulman
2:10-3PM	Tai Chi	PHED BC 1691.02	00823	Studio 2	S. Shulman
2:10-3PM	Total Body Fitness	PHED BC 1515.01	00804	BFC	M. Rodriguez
3:10-4PM	Beginning Yoga	PHED BC 1693.02	00825	Studio 2	C. Lanzas
3:10-4PM	Fitness Outside	PHED BC 1550.02	00812	200 Barnard Annex	M. Rodriguez
4:10-5PM	Pilates Mat	PHED BC 1532.01	00806	Studio 2	C. Lanzas
<b>Tuesday / Thursday Courses</b>					
8-8:50AM	Body Sculpt	PHED BC 1581.02	00815	Studio 2	E. Laessig
9-9:50AM	Cardio Circuits	PHED BC 1592.02	00821	Studio 2	E. Laessig
10-10:50AM	Pilates Mat	PHED BC 1532.02	00807	Studio 2	C. Lanzas
10-10:50AM	Strength Training	PHED BC 1589.02	00818	BFC	M. Rodriguez
11-11:50AM	Beginning Yoga	PHED BC 1693.03	00826	Studio 2	M. Rodriguez
12-12:50PM	Body Sculpt	PHED BC 1581.03	00816	Studio 2	E. Laessig
1:10-2PM	Pilates Mat	PHED BC 1532.03	00808	Studio 2	C. Lanzas
2:10-3PM	Beginning Yoga	PHED BC 1693.04	00827	Studio 2	C. Lanzas
2:10-3PM	Total Body Fitness	PHED BC 1515.02	00805	BFC	I. Choquette
3:10-4PM	Pilates Mat	PHED BC 1532.04	00809	Studio 2	T. Hunt
3:10-4PM	Fitness Outside	PHED BC 1550.03	00813	200 Barnard Annex	I. Choquette
4:10-5PM	Pilates Mat	PHED BC 1532.05	00810	Studio 2	T. Hunt
<b>Other Courses</b>					
Health Coaching	Tue 10:10AM-12PM	PHED BC 1105.01	00362	BAR 277	L. Northrop
Health Coaching	Tue 2:10-4PM	PHED BC 1105.02	00363	BAR 277	L. Northrop

*Please visit [pe.barnard.edu](http://pe.barnard.edu) for course descriptions and information.*