

| Day | Time | Course Name | Course Number | Course Code | Instructor |
|--|------------|---------------------|-----------------|-------------|--------------|
| FALL BLOCK A - starts September 8 | | | | | |
| MTWR | 9-9:50AM | Beginning Yoga | PHED BC 1693.01 | 00392 | K. Thompson |
| MTWR | 1:10-2PM | Beginning Yoga | PHED BC 1693.02 | 00412 | K. Thompson |
| MTWR | 10-10:50AM | Core Strength | PHED BC 1532.01 | 00385 | K. Thompson |
| MTWR | 2:10-3PM | Core Strength | PHED BC 1532.02 | 00386 | K. Thompson |
| MW | 12:10-2PM | Health Coaching | PHED BC 1105.01 | 00382 | L. Northrop |
| TR | 12:10-2PM | Health Coaching | PHED BC 1105.02 | 00709 | L. Northrop |
| FALL BLOCK B - starts October 26 | | | | | |
| MW | 12:10-2PM | Health Coaching | PHED BC 1105.03 | 00710 | L. Northrop |
| TR | 12:10-2PM | Health Coaching | PHED BC 1105.04 | 00711 | L. Northrop |
| FALL FULL SEMESTER - starts September 8 | | | | | |
| MW | 12:10-1PM | Beginning Yoga | PHED BC 1693.03 | 00394 | M. Rodriguez |
| MW | 5:10-6PM | Beginning Yoga | PHED BC 1693.04 | 00713 | M. Rodriguez |
| TR | 8-8:50AM | Beginning Yoga | PHED BC 1693.05 | 00715 | M. Rodriguez |
| MW | 8-8:50AM | Bodyweight Training | PHED BC 1520.01 | 00717 | L. Masone |
| TR | 1:10-2PM | Bodyweight Training | PHED BC 1520.02 | 00718 | L. Masone |
| MW | 4:10-5PM | Bodyweight Training | PHED BC 1520.03 | 00719 | M. Rodriguez |
| TR | 12:10-1PM | Bodyweight Training | PHED BC 1520.04 | 00720 | M. Rodriguez |

Please visit pe.barnard.edu for course descriptions and information.