

Time	Course Name	Course Number	Course Code	Location	Instructor
Monday / Wednesday Courses					
9-9:50AM	Body Sculpt	PHED BC 1581.01	00819	Studio 2	E. Laessig
10-10:50AM	Beginning Yoga	PHED BC 1693.01	00829	Studio 2	M. Rodriguez
10-10:50AM	Strength Training	PHED BC 1589.01	00823	BFC	E. Laessig
11-11:50AM	Cardio Circuits	PHED BC 1592.01	00826	Studio 2	M. Rodriguez
12-12:50PM	Body Sculpt	PHED BC 1581.02	00820	Studio 2	E. Laessig
1:10-2PM	Pilates Mat	PHED BC 1532.01	00599	Studio 2	C. Lanzas
2:10-3PM	Tai Chi	PHED BC 1691.01	00600	Studio 2	S. Shulman
2:10-3PM	Strength Training	PHED BC 1589.02	00824	BFC	M. Rodriguez
3:10-4PM	Pilates Mat	PHED BC 1532.02	00814	Studio 2	C. Lanzas
4:10-5PM	Beginning Yoga	PHED BC 1693.02	00830	Studio 2	C. Lanzas
Tuesday / Thursday Courses					
8-8:50AM	Body Sculpt	PHED BC 1581.03	00821	Studio 2	E. Laessig
9-9:50AM	Cardio Circuits	PHED BC 1592.02	00827	Studio 2	E. Laessig
10-10:50AM	Pilates Mat	PHED BC 1532.03	00815	Studio 2	C. Lanzas
10-10:50AM	Strength Training	PHED BC 1589.03	00825	BFC	M. Rodriguez
11-11:50AM	Yoga Meditation	PHED BC 1696.01	00832	Studio 2	M. Rodriguez
12-12:50PM	Cardio Circuits	PHED BC 1592.03	00828	Studio 2	E. Laessig
1:10-2PM	Pilates Mat	PHED BC 1532.04	00816	Studio 2	C. Lanzas
1:10-2PM	Total Body Fitness	PHED BC 1515.01	00598	BFC	M. Rodriguez
2:10-3PM	Beginning Yoga	PHED BC 1693.03	00831	Studio 2	C. Lanzas
4:10-5PM	Pilates Mat	PHED BC 1532.05	00817	Studio 2	T. Hunt
5:10-6PM	Body Sculpt	PHED BC 1581.04	00822	Studio 2	I. Choquette

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