

BARNARD COLLEGE**PHYSICAL EDUCATION COURSES****SPRING 2021**

Day	Time	Course Name	Course Number	Course Code	Instructor
FALL BLOCK A - starts January 11					
MW	12:10-2PM	Health Coaching	PHED BC 1105.01	00006	L. Northrop
TR	12:10-2PM	Health Coaching	PHED BC 1105.02	00007	L. Northrop
FALL BLOCK B - starts March 8					
MTWR	10-10:50AM	Beginning Yoga	PHED BC 1693.01	00019	K. Thompson
MTWR	11-11:50AM	Beginning Yoga	PHED BC 1693.02	00020	K. Thompson
MTWR	1:10-2PM	Core Strength	PHED BC 1532.01	00016	K. Thompson
MW	12:10-2PM	Health Coaching	PHED BC 1105.03	00008	L. Northrop
TR	12:10-2PM	Health Coaching	PHED BC 1105.04	00009	L. Northrop
SPRING FULL SEMESTER - starts January 11					
MW	12:10-1PM	Beginning Yoga	PHED BC 1693.03	00021	M. Rodriguez
MW	5:10-6PM	Beginning Yoga	PHED BC 1693.04	00022	M. Rodriguez
TR	8-8:50AM	Beginning Yoga	PHED BC 1693.05	00023	M. Rodriguez
MW	8-8:50AM	Bodyweight Training	PHED BC 1520.01	00010	L. Masone
MW	9-9:50AM	Bodyweight Training	PHED BC 1520.02	00011	L. Masone
MW	4:10-5PM	Bodyweight Training	PHED BC 1520.03	00012	M. Rodriguez
TR	10-10:50AM	Bodyweight Training	PHED BC 1520.04	00013	L. Masone
TR	12:10-1PM	Bodyweight Training	PHED BC 1520.05	00014	M. Rodriguez
TR	1:10-2PM	Bodyweight Training	PHED BC 1520.06	00015	L. Masone
TR	3:10-4PM	Tai Chi	PHED BC 1691.01	00017	S. Shulman
TR	4:10-5PM	Tai Chi	PHED BC 1691.02	00018	S. Shulman

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