

<i>Time</i>	<i>Course Name</i>	<i>Course Number</i>	<i>Course Code</i>	<i>Location</i>	<i>Instructor</i>
Monday / Wednesday Courses					
8-8:50AM	Core Strength	PHED BC 1532.01	09440	Studio 2	K. Thompson
9-9:50AM	Core Strength	PHED BC 1532.02	09421	Studio 2	K. Thompson
10-10:50AM	Yoga	PHED BC 1693.01	07764	Studio 2	D. Ambron
11-11:50AM	Yoga	PHED BC 1693.02	07762	Studio 2	D. Ambron
4:10-5PM	Cardio/Body Sculpt	PHED BC 1591.01	07079	Studio 2	K. Phillip
Tuesday / Thursday Courses					
9-9:50AM	Body Sculpting	PHED BC 1581.01	04252	Studio 2	L. Masone
12-12:50PM	Yoga Sculpt	PHED BC 1694.01	01247	Studio 2	K. Thompson
1:10-2PM	Yoga	PHED BC 1693.03	08333	Studio 2	K. Thompson
2:10-3PM	Women's Strength	PHED BC 1589.01	08425	BFC	I. Choquette
3:10-4PM	Women's Strength	PHED BC 1589.02	01589	BFC	I. Choquette
3:10-4PM	Tai Chi	PHED BC 1691.01	05877	Studio 2	S. Shulman
4:10-5PM	Tai Chi	PHED BC 1691.02	01246	Studio 2	S. Shulman
Other Courses					
Total Body Conditioning Wed 3:10-4PM (plus 1 additional hour TBD)		PHED BC 1510.01	09898	BFC	L. Masone
Advanced Fitness Pre-test required: Jan 22-25		PHED BC 2518.01	01248	BFC	L. Masone

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