

OB Recreation Center 2016 Class Schedule (251)981-6028

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30am-8:30am Yoga		7:30am-8:30am Yoga	9:00am-10:00am Pilates- (MPR2)	
8:00am-9:00am Zumba	8:30am-9:30am Zumba	8:00am-9:00am Zumba	8:30am-9:30am Zumba	8:00am-9:00am Zumba	
9:00am-10:00am Cardio Tone & Stretch		9:00am-10:00am Cardio Tone & Stretch	9:30am-10:30am Step Aerobics (MPR2)	9:00am-10:00am Cardio Tone & Stretch	
9:00am-10:00am PiYo (MPR2)	10:30am-11:30am Pilates	9:00am-10:00am PiYo (MPR2)	10:30am-11:30am Pilates	10:00am-11:00am Hatha Yoga	
10:00am-11:00am Hatha Yoga		10:00am-11:00am Hatha Yoga		10:00am-11:00am Yoga Basics-Hatha Yoga (MPR2)	
10:00am-11:00am Yoga Basics-Hatha Yoga (MPR2)		10:00am-11:00am Yoga Basics-Hatha Yoga (MPR2)			
*Wheeles After School Karate Program 3:00-5:30 (MPR 1)	*Wheeles After School Karate Program 3:00-5:30 (MPR 1)	*Wheeles After School Karate Program 3:00-5:30 (MPR 1)	*Wheeles After School Karate Program 3:00-5:30 (MPR 1)	*Wheeles After School Karate Program 3:00-5:30 (MPR 1)	<i>*Classes indicated by asterisk are not included in class passes</i>
*Taekwondo 4:30-5:15 (MPR 2)	*Art Center 3:00-6:00 (MPR 2)	*Brain Dance - 3:15-4:00 *Ballet I & II - 4:00-4:45 (MPR 2)	*Art Center 3:00-6:00 (MPR 2)		<i>*Please note that class schedule may change without notice</i>
		*Taekwondo 4:45-5:30 (MPR 2)		*Ballroom Dance 6:00pm-7:00pm (MPR 1)	
*Little Dragons Karate. Ages 3-5 5:30-6:00 *Kids Karate- ages 6 & up 6:00-6:45 (MPR 1)	*Shorinji Kempo 6:00pm-7:00pm (MPR 1)	*Little Dragons Karate. Ages 3-5 5:30-6:00 *Kids Karate- ages 6 & up 6:00-6:45 (MPR 1)		*Shorinji Kempo 6:00pm-7:00pm (MPR 2)	