

2019-20 SPRING FITNESS CLASS SCHEDULE

MONDAY:	4:30 – 5:30 5:30 – 6:00 6:00 – 6:30 6:30 – 7:00 7:00 – 7:30	TAE KWON DO CLUB AFROBEAT YOGA AB-LAB CARDIO DANCE BLAST	DR. JEREMY HENKEL NNEKA MOGBO SOPHIA MOSS LIESEL RUTLAND TURNER BRYANT
TUESDAY:	11:30am – 12:30 4:30 – 5:00 5:00 – 5:30 5:30 – 6:00 6:00 – 6:30 6:30 – 8:30 8:30 – 9:00	FACULTY/STAFF “ONLY” YOGA POWER PILATES BOOT CAMP AB-LAB HIIT [High-Intensity Interval Training] DANCE TEAM INSANITY	LISA LEFEBVRE ELENI OUZTS MCKENZIE SUMMERS LEAH WILSON ELENI OUZTS [ATHLETICS] AJ MILLER
WEDNESDAY :	4:30 – 5:30 5:30 – 6:00 6:00 – 6:30 6:30 – 7:00 7:00 – 7:30	TAE KWON DO CLUB AFROBEAT YOGA AB-LAB CARDIO DANCE BLAST	DR. JEREMY HENKEL NNEKA MOGBO SOPHIA MOSS LIESEL RUTLAND TURNER BRYANT
THURSDAY:	11:30am – 12:30 4:30 – 5:00 5:00 – 5:30 5:30 – 6:00 6:00 – 6:30 6:30 – 8:30 8:30 – 9:00	FACULTY/STAFF “ONLY” YOGA POWER PILATES BOOT CAMP AB-LAB HIIT [High-Intensity Interval Training] DANCE TEAM INSANITY	LISA LEFEBVRE QUINN FLEMING MCKENZIE SUMMERS LEAH WILSON LEAH WILSON (ATHLETICS) AJ MILLER
FRIDAY:	3:00 – 4:00 4:00 – 4:30 4:30 – 5:00 5:00 – 5:30	TAE KWON DO CLUB HIIT [High-Intensity Interval Training] YOGA AB-LAB	DR. JEREMY HENKEL ELENI OUZTS SOPHIA MOSS LIESEL RUTLAND
SUNDAY:	5:00 – 5:30 5:30 – 6:00	BOOT CAMP INSANITY	MCKENZIE SUMMERS AJ MILLER

INSTRUCTOR STAFF:

Eleni Ouzts
Turner Bryant
Mackenzie Summers
Liesel Rutland
Leah Wilson
Sophia Moss
AJ Miller
Nneka Mogbo
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