

FMU Wellness Center

Weekly Master Calendar

January 29-February 5, 2017

SUNDAY, January 29

6:00pm – 8:00pm	Women's Basketball	Arena
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MONDAY, January 30

12:00-1:00/5:00pm-6:00pm	Walking Lions	Walking Track (Track open all day to walkers)
5:00am – 9:00am	Cheer/Dance Teams	Arena/Dance Studio
5:45am – 7:00am	Track & Field	Weight Room
7:00am – 10:00am	Men's Basketball	Arena
8:00am – 9:30am	Men's Baseball	Weight room
3:00pm – 6:30pm	Women's Basketball	Arena/Weight Room
5:00pm – 6:00pm	Project Fit (Class TBA)	Dance Studio
6:00pm – 7:00pm	Project Fit (Class TBA)	Dance Studio

TUESDAY, January 31

12:00-1:00/5:00pm-6:00pm	Walking Lions	Walking Track (Track open all day to walkers)
5:00am – 9:00am	Cheer/Dance Teams	Arena/Dance Studio
6:00am – 7:30am	Men's Baseball	Weight room
10:00am – 1:00pm	Men's Basketball	Arena/Weight Room
11:00am – 12:00pm	Project Fit - Body Sculpting	Dance Studio
5:00pm – 6:00pm	Project Fit – Line Dancing	Dance Studio
5:00pm – 7:30pm	OPEN GYM	Arena
6:15pm – 7:30pm	Project Fit FLO RIDERS	Wellness Center Parking Lot (Bikes)

For Students) Bike reservation required in Wellness Center Office by 12:00pm)

7:30pm – 10:00pm Women’s Basketball Arena

WEDNESDAY, February 1

12:00-1:00/5:00pm-6:00pm Walking Lions Walking Track (Track open all day to walkers)

5:00am – 9:00am Cheer/Dance Teams Arena/Dance Studio

5:45am – 7:00am Track & Field Weight Room

7:00am – 10:00am Men’s Basketball Arena

4:00pm – 7:00pm Women’s Basketball Arena

5:00pm – 6:00pm Project Fit (Class TBA) Dance Studio

6:00pm – 7:00pm Project Fit (Class TBA) Dance Studio

THURSDAY, February 2

12:00-1:00/5:00pm-6:00pm Walking Lions Walking Track (Track open all day to walkers)

5:00am – 9:00am Cheer/Dance Teams Arena/Dance Studio

6:00am – 7:30am Men’s Baseball Weight Room

10:00am – 11:00am Project Fit Tai Chi Dance Studio

11:00am – 12:00pm Project Fit Aerobic Kickboxing Dance Studio

12:00pm – 1:00pm Men’s Basketball Shoot Around Arena

5:00pm – 6:00pm Project Fit (Class TBA) Dance Studio

6:00pm – 7:00pm Project Fit - Line Dancing Dance Studio

FRIDAY, February 3

12:00-1:00/5:00pm-6:00pm Walking Lions Walking Track (Track open all day to walkers)

5:00am – 9:00am Cheer/Dance Teams Arena/Dance Studio

5:45am – 7:00am Track & Field Weight Room

8:00am – 9:30am	Men's Baseball	Weight Room
4:00pm – 5:00pm	Project Fit Body Sculpting	Dance Studio
4:00pm – 7:00pm	Women's Basketball	Arena
4:00pm – 5:00pm	Project Fit - Body Sculpting	Dance Studio
4:00pm – 7:00pm	Women's Basketball	Arena
5:00pm – 6:00pm	Project Fit - Aerobic Kickboxing	Dance Studio

SATURDAY, February 4

9:00am – 10:00am	Project Fit (TBA)	Dance Studio
10:00am – 11:00am	Project Fit (TBA)	Dance Studio

SUNDAY, February 5

6:00pm – 8:00pm	Women's Basketball	Arena
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*For additional information please contact **Dr. Abigail Mobley-Bellinger**, FMU Wellness Center Director. Contact Information: (305) 626-3179 or abmobley@fmuniv.edu.*