

June/July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 JUNE	21	22 <u>TFA WELCOME</u>	23 PILATES 5:30pm	24 YOGA 7:30	25	26 DISC GOLF 2PM
27	28	29 PILATES 7:30 FIT BOOT 8:30	30 PILATES 5:30pm	1 JULY PILATES 7:30 FIT BOOT 8:30	2	3
4	5	6 YOGA 7:30 FIT BOOT 8:30	7 PILATES 5:30pm	8 YOGA 7:30 FIT BOOT 8:30	9 <u>TFA DAY!</u> 1PM TAI CHI 2PM ZUMBA 2:45 VOLLEYBALL 3:30 DISC GOLF	10 ZUMBA 1PM FIT BOOT 2PM
11 ZUMBA 5PM YOGA 7PM	12	13 YOGA 7:30 FIT BOOT 8:30	14 PILATES 5:30pm	15 PILATES 7:30 FIT BOOT 8:30	16	17
18	19	20 <u>IIT PICNIC</u> 1PM TAI CHI 2PM YOGA YOGA 7:30 FIT BOOT 8:30	21 PILATES 5:30pm YOGA 7:30 FIT BOOT 8:30	22	23	24
		<p>Programs requested by TFA and instructors confirmed.</p> <p>Programs requested by IIT students and instructors confirmed.</p> <p>IIT event sponsored by the President's Office, planned by QWL.</p> <p>Go to www.illinoistechathletics.com for information on building and pool hours.</p>				