

Aerobics Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00						reserved	
10:30						reserved	
11:00							
11:30							
12:00	reserved		reserved		BASIC TRAINING		
12:30	reserved		reserved				
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00			YOGA CLASS (5:15)				
5:30					ZUMBA® CLASS		
6:00		ZUMBA® CLASS					
6:30							
7:00		YOGA CLASS (7:15)					
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							

Revised 08_10_15

**If you are interested in using the room on a regular basis, please see the Athletic Director for reservations:

617-432-1942 or athletic_vanderbilt_hall@hms.harvard.edu

<http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility>