SPRING HYDRO FIT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 7:45 AM		Gentle Yoga		Gentle Yoga	
10:30 - 11:15 AM	Shallow Water		Shallow Water		Shallow Water
NOON - 12:45PM	Deep Water	Deep Water	Deep Water	Deep Water	Deep Water



The University of Oklahoma is an equal opportunity institution. ou.edu/eoo | (405) 325-305 | fitrec@ou.ed | ou.edu/far