Anyssa Powell

DEPARTMENT OF HEALTH AND HUMAN PERFORMANCE

Spring 2023

Time	Monday	Tuesday	Wednesday	Thursday
8:00 am				
9:00 am				
10:00 am	**Contact Hours 10:00am -12:00pm**	**ESS 1179.254** **Weight Lifting** **JOW 118**		**ESS 1179.254** **Weight Lifting** **JOW 118**
11:00 am		**ESS 1160B.251** **Volleyball** **UEC 101**	**PFW 1110A.253** **Aerobics** **JOW G219**	**ESS 1160B.251** **Volleyball** **UEC 101**
12:00 pm				
1:00 pm	**Contact Hours 1:00pm -2:00pm**		**PFW 1110B.251** **Group Fitness** **JOW G219**	
2:00 pm	**ESS 1172.251** **Field Sports** **UEC 102**		**ESS 1172.251** **Field Sports** **UEC 102**	
3:00 pm				
4:00 pm				

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