



Activity Classes!

Directed Studies

KIN 185 : Cascione

Class: 13527

M/W: 9:30-10:35 AM

Karate I / II

KIN 316-1/2 : Carlen

Class: 12460/12048

M/W: 12:15—1:40 PM

Cardio Kickboxing

KIN 330 : Levin

Class: 12950

Tu/Th: 5:15—6:40 PM

Zumba II

KIN 336-2 : Harkins

Class: 26450

M/W: 7:00—8:25 PM

Tennis I / II / III

KIN 371-1/2/3 : Cascione

Class: 25329/25330/25331

T/Th: 10:35 AM —12:00 PM

Yoga II / III

KIN 351-2/3 : Harkins

Class: 14298/11982

M/W: 5:15—6:40 AM

Yoga II / III

KIN 351-2/3 : Jefferis

Class: 14261/11878

M/W: 8:55—10:20 AM

Yoga II / III

KIN 351-2/3 : Nelson

Class: 14278/11936

T/Th: 5:15—6:40 PM

Weight Training II / III

KIN 350-2/3 : Cascione

Class: 13525/12508

M/W: 8:55—10:20 AM

Weight Training I / II / III

KIN 350-1/2/3 : Cascione

Class: 16182/13545/18900

T/Th: 8:55—10:20 AM

Weight Training I / II / III

KIN 350-1/2/3 : LAMC STAFF

Class: 16204/13603/12550

T/Th: 8:55—10:20 AM

Basketball II / III

KIN 387-2/3 : Cascione

Class: 14526/18974

Fr: 8:50—12:00 PM

Basketball II / III

KIN 387-2/3 : Cascione

Class: 25327/25328

M/W: 5:15—6:40 PM

Fitness Walking I / II

KIN 334-1/2 : Cooper

Class: 20716/26449

M/W: 7:15– 8:40 AM

Body Conditioning

KIN 329-2/3 : Cascione

Class: 20705/20713

M/W: 10:35 AM—12:00 PM

Body Conditioning

KIN 329-1/2/3 : Crebbin

Class: 18667/20709/20715

M/W: 7:00 PM—8:25 PM

Body Conditioning

KIN 329-1/2/3 : Harkins

Class: 18666/20707/20714

Tu/Th: 10:35 AM—12:00 PM

Body Conditioning

KIN 329-1/2/3 : Cascione

Class: 18664/20704/20711

M/T/W/Th: 7:00—8:25 AM

*8 WKS A : 2/10—4/05

Body Conditioning

KIN 329-1/2/3 : Cascione

Class: 18813/20705/20712

M/T/W/Th: 7:00—8:25 AM

*8 WKS B : 4/14—6/08

ENROLL NOW!
Filling Up Fast!