



LANGILLE ATHLETIC CENTRE

January 2019
fitness schedule and
Varsity Home Games

FOR COMPLETE VARSITY SCHEDULE AND RESULTS: Visit dal.ca/rams

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3	4	5
6	7 Student Yoga 5:30-6:30	8 Staff Lunchtime Yoga 12:05- 12:50	9	10 Student Kickboxing 7:30-8:30	11	12 Vball UKC @ DAL AC 11:00 Bball MTA @ DAL AC w 2, m 4
13	14 Student Yoga 5:30-6:30	15 Staff Lunchtime Yoga 12:05- 12:50	16	17 Student Kickboxing 7:30-8:30	18	19 Vball UNBSJ @ DAL AC 1 pm Bball UNBSJ @ DAL AC w 3, m 5
20	21 Student Yoga 5:30-6:30	22 Staff Lunchtime Yoga 12:05- 12:50	23	24 Student Kickboxing 7:30-8:30	25	26 Bball STU @ DAL AC w 2, m 4
27 Vball HC @ DAL AC 5 pm Bball HC @ DAL AC w 1, m 3	28 Student Yoga 5:30-6:30	29 Staff Lunchtime Yoga 12:05- 12:50	30	31 Student Kickboxing 7:30-8:30		

FITNESS PROGRAMS

STAFF LUNCHTIME YOGA – Tuesdays 12:05-12:50 Cost \$55 (January 8 thru Feb. 18) Drop In \$10.

STUDENT YOGA – Mondays 5:30–6:30 STUDENTS ARE FREE

STUDENT KICK BOXING – Thursday 7:30-8:30 STUDENT ARE FREE