

# DAWSON COLLEGE

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**DEPARTMENT OF PHYSICAL EDUCATION & CAMPUS REC SCHEDULE – WINTER 2024**

**-2H.1 ATHLETIC TRAINING PERFORMANCE (ATP) ROOM**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 - 10:00</b>			WEIGHT TRAINING SKILLS 109 102 MQ 57 P. BURKHARD	FITNESS 109 101 MQ 21 M. DONOSO	FITNESS 109 101 MQ 22 C. ST. PIERRE
<b>10:00 - 12:00</b>	RESISTANCE TRAINING 109 101 MQ 34 A. GEAR	RESISTANCE TRAINING 109 101 MQ 36 J. EGAN	FITNESS ACTIVITIES 109 103 MQ 30 C. ST. PIERRE	POSTURE, STABILITY & MOBILITY SKILLS 109 102 MQ 20 A. GEAR	

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**0H.1 FITNESS ROOM**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>8:00 – 10:00</b>	FITNESS ACTIVITIES 109 103 MQ 41 P. WASACZ	FITNESS 109 101 MQ 19 M. DONOSO	FITNESS ACTIVITIES 109 103 MQ 56 P. WASACZ	FITNESS WALKING 109 101 MQ 52 P. ARMENI	
<b>10:00 – 12:00</b>	FITNESS 109 101 MQ 20 M. DONOSO	FITNESS ACTIVITIES 109 103 MQ 28 D. SMYTH	FITNESS WALKING 109 101 MQ 50 C. STARZENSKI	FITNESS 109 101 MQ 25 K. PA.0 1 Tff0.5 0€	

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**0H.3 COMBAT / DANCE ROOM**

**TIME**

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**4F.1 DANCE STUDIO**

<b>TIME</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8:00 – 10:00</b>	STRESS COPING SKILLS 109 102 MQ 16 K. PALACIO (P. BURKHARD)	FITNESS ACTIVITIES 109 103 MQ 18 K. PALACIO (P. BURKHARD)	MINDFUL LIVING 109 103 MQ 54 C. MARKIN	DANCE STYLES 109 102 MQ 15 C. MARKIN	
<b>10:00 – 12:00</b>	STRESS COPING SKILLS 109 102 MQ 17 K. PALACIO (P. BURKHARD)	FITNESS 109 101 MQ 18 K. PALACIO (P. BURKHARD)	YOGA LIFESTYLES 109 103 MQ 52 A. GEAR	MIND-BODY WELLNESS 109 101 MQ 53 C. MARKIN	