

INSTRUCTOR Lyndi Scholl		OFFICE Gym 109			
SEMESTER SPRING 2024		EXTENSION 5369			
	MON	TUES	WED	THUR	FRI
10-12pm	OFFICE HOUR				TRAVEL/ BEACH VOLLEYBALL GAME DAYS
12pm-1pm	LUNCH				
2-4pm	BEACH VB PRACTICE	BEACH VB PRACTICE (SOU) Leave @ 12:45PM Return at 5pm	BEACH VB PRACTICE	BEACH VB PRACTICE (SOU) Leave @ 12:45PM Return at 5pm	
4-5PM	CIRCUIT TRAINING		CIRCUIT TRAINING		
4-5PM	CIRCUIT TRAINING	5PM-6PM OFFICE HOUR	CIRCUIT TRAINING	5PM-6PM OFFICE HOUR	