

GROUP FITNESS SCHEDULE

FALL 2023

MON:

Sunrise Yoga: 7:00-7:45 a.m. - Room 201
Zumba: 12:00-12:45 p.m. - Room 201
Cycle: 5:00-5:45 p.m. - Room 203
Total Body Strength: 5:00-5:45 p.m. - Room 201
HIIT: 6:00-6:30 p.m. - Room 201
Cycle: 6:00-6:45 p.m. - Room 203
Pilates: 6:00-6:45 p.m. - Room 202
Yoga Flow: 7:00-7:45 p.m. - Room 127
Zumba: 7:00-7:45 p.m. - Room 201
Restorative Yoga: 8:00-9:00 p.m. - Room 127
Zumba: 8:00-8:45 p.m. - Room 201

TUES:

Rise and Ride: 6:30-7:15 a.m. - Room 203
Total Body Strength: 12:00-12:45 p.m. - Room 201
Total Body Strength: 5:00-5:45 p.m. - Room 201
Yoga Flow: 5:00-5:45 p.m. - Room 127
HIIT: 6:00-6:30 p.m. - Room 201
Yoga Sculpt: 6:00-6:45 p.m. - Room 127
Cycle: 6:00-6:45 p.m. - Room 203
Barre to the Beat: 7:00-7:45 p.m. - Room 202
Zumba: 7:00-7:45 p.m. - Room 201
Restorative Yoga: 8:00-9:00 p.m. - Room 127

WED:

Rise and Ride: 6:30-7:15 a.m. - Room 203
Yoga Flow: 12:00-12:45 p.m. - Room 201
Yoga Flow: 5:00-5:45 p.m. - Room 127
Total Body Strength: 5:00-5:45 p.m. - Room 201
Cycle: 5:30-6:15 p.m. - Room 203
HIIT: 6:00-6:30 p.m. - Room 201
Yoga Sculpt: 6:00-6:45 p.m. - Room 127
Cycle: 6:30-7:15 p.m. - Room 203
Barre to the Beat: 7:00-7:45 p.m. - Room 202
Restorative Yoga: 7:00-8:00 p.m. - Room 127
Zumba: 8:00-8:45 p.m. - Room 201

THURS:

Sunrise Yoga: 7:00-7:45 a.m. - Room 201
Pilates: 12:00-12:45 p.m. - Room 201
Cycle: 5:00-5:45 p.m. - Room 203
Total Body Strength: 5:30-6:15 p.m. - Room 201
Pilates: 6:00-6:45 p.m. - Room 202
Yoga Flow: 6:00-6:45 p.m. - Room 127
HIIT: 6:30-7:00 p.m. Room 201
Cycle: 7:00-7:45 p.m. - Room 203
Barre to the Beat: 7:00-7:45 p.m. - Room 202
Restorative Yoga: 7:00-8:00 p.m. - Room 127
Zumba: 8:00-8:45 p.m. - Room 201

FRI:

Pilates: 11:00-11:45 a.m. - Room 201
Cycle: 12:00-12:45 p.m. - Room 201
Yoga Flow: 1:00-1:45 p.m. - Room 201

SAT:

Yoga Flow: 10:30-11:15 a.m. - Room 201
Pilates: 12:00-12:45 p.m. - Room 201

SUN:

Zumba: 5:00pm-5:45 p.m. - Room 201
Restorative Yoga: 6:00-7:00 p.m. - Room 127



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