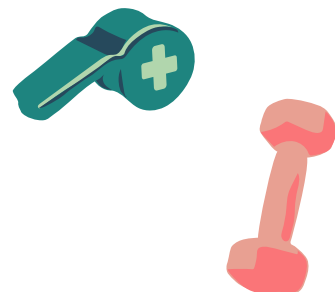


This schedule is in effect until tier 3 mitigations have been lifted, allowing in-person classes to resume.



# SPRING SEMESTER

## VIRTUAL FITNESS SCHEDULE

### Monday

**Yoga Sculpt**  
 [ZOOM](#)  
5:00pm-5:45pm

**HIIT Extreme**  
 [ZOOM](#)  
5:30pm-6:15pm

**Barre to the Beat**  
 [ZOOM](#)  
6:00pm-6:45pm

**Zumba**  
 [ZOOM](#)  
8:00pm-8:45pm

### Tuesday

**Total Body Strength**  
 [ZOOM](#)  
5:00pm-5:45pm

**HIIT Extreme**  
 [ZOOM](#)  
5:30pm-6:15pm

**Pilates**  
 [ZOOM](#)  
7:00pm-7:45pm

**Restorative Yoga**  
 [ZOOM](#)  
8:00pm-9:00pm

### Wednesday

**Hardcore**  
 [ZOOM](#)  
4:30pm-5:00pm

**Yoga Flow**  
 [ZOOM](#)  
5:00pm-5:45pm

**HIIT Extreme**  
 [ZOOM](#)  
5:30pm-6:15pm

**Pilates**  
 [ZOOM](#)  
6:30pm-7:15pm

**Zumba**  
 [ZOOM](#)  
7:30pm-8:15pm

### Thursday

**Hardcore**  
 [ZOOM](#)  
5:00pm-5:30pm

**Yoga Flow**  
 [ZOOM](#)  
5:30pm-6:15pm

**Total Body Strength**  
 [ZOOM](#)  
6:00pm-6:45pm

**Restorative Yoga**  
 [ZOOM](#)  
7:00pm-8:00pm

### Friday

**HIIT Extreme**  
 [ZOOM](#)  
12:00pm-12:45pm

**Yoga Sculpt**  
 [ZOOM](#)  
1:00pm-1:45pm

### Saturday

No Classes

### Sunday

**Yoga Flow**  
 [ZOOM](#)  
2:00pm-2:45pm

No classes held on:  
• MLK day, 1/18



Cardio



Strength



Mind+Body