

FINALS WEEK

GROUP FITNESS SCHEDULE 12/10 - 12/13

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TOTAL BODY STRENGTH 12-12:45 RM 201	CYCLE 12-12:45 RM 203	TOTAL BODY STRENGTH 5-5:45 RM 201	CYCLE 12-12:45 RM 203
YOGA FLOW 5-5:45 RM 127	CYCLE 5:15-6 RM 203	BLACK LIGHT RIDE 5:30-6:15 RM 203	
TOTAL BODY STRENGTH 5-5:45 RM 201	YOGA FLOW 6:15-7 RM 127	BARRE TO THE BEAT 6:45-7:30 RM 202	
ZUMBA 6-6:45 RM 201	BLACK LIGHT RIDE 6:15-7 RM 203	RESTORATIVE YOGA 7-8 RM 127	
HARDCORE 6:15-6:45 RM 202	CARDIOKICK 6:30-7:15 RM 202	ZUMBA 7:30-8:15 RM 201	
BLACK LIGHT RIDE 6:30-7:15 RM 203	TOTAL BODY STRENGTH 7-7:45 RM 201	MINDFUL MEDITATION 8:45-9:15 RM 127	
BARRE TO THE BEAT 7-7:45 RM 202	RESTORATIVE YOGA 7:15-8:15 RM 127	PILATES 5:00-5:45 RM 127	
MINDFUL MEDITATION 8:15-8:45 RM 127	ZUMBA 8-8:45 RM 201	CARDIO COMBAT 6:30-7:00 RM 201	
	HIP HOP STEP 6:00-6:45 RM 201		