



UNC

FITNESS AND WELLNESS

May 16th- June 24th

Summer Group fitness

MON	TUES	WEDS	THURS	FRI
CYCLE CIRCUIT 6:15am LGF	BLAST & BURN 9:00am UGF	CYCLE CIRCUIT 6:15am LGF	BLAST & BURN 9:00am UGF	
	CYCLE 9:00am LGF		CYCLE 9:00am LGF	
	HIIT 10:15am LGF		HIIT 10:15am LGF	
FIT45 12:15pm SYNGRY (START MAY 30th)	MOBILITY FLOW 12:15pm (START MAY 31st)	FIT45 SYNGRY 12:15pm	MOBILITY FLOW 12:15pm (START JUNE 2nd)	FIT45 SYNGRY 12:15pm
	SRETCH & CORE 2:00pm LGF (START MAY 31st)	BARRE 2:00pm UGF		
FUNDAMENTALS 3:15pm LGF				