

FREE!



UNC

FITNESS AND WELLNESS

July 5th- August 12th

# Summer Group fitness

MON

TUES

WEDS

THURS

FRI

CYCLE CIRCUIT  
6:15am  
LGF

CYCLE CIRCUIT  
6:15am  
LGF

BOOTCAMP  
9:00am  
LGF

BOOTCAMP  
9:00am  
LGF

CYCLE  
9:00am  
LGF

HIIT  
10:15am  
LGF

HIIT  
10:15am  
LGF

FIT45  
12:15pm  
SYNGRY

FIT45  
12:15pm  
SYNGRY

FIT45  
12:15pm  
SYNGRY

MOBILITY  
FLOW  
1:00pm  
LGF

BARRE  
1:00pm  
UGF

MOBILITY  
FLOW  
1:00pm  
LGF

STRETCH &  
CORE  
1:30pm  
LGF