


# Fall Semester

## Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday
6:00 - 7:00 AM		Endurance Cycle		
7:45 - 8:30 AM			Mindful Movement*	
8:30 - 9:00 AM		Mobility Flow		Mobility Flow
9:15 - 10:00 AM			Barre	
11:15 - 11:45 PM		Cycle Circuit Xpress		
12:00 - 12:45 PM	Fit 45*		Fit 45*	
3:00 - 3:45 PM	Yoga	Fit 45	Yoga	Fit 45
4:00 - 4:45 PM	Zumba	Contemporary Dance	Zumba	Contemporary Dance
5:00 - 5:30 PM		Cycle Xpress		
6:00 - 6:45 PM	Cycle Circuit		Cycle Circuit	
7:00 - 7:45 PM	Bootcamp		Bootcamp	

 = Mixed Format

 = Stretch & Flow

 = Strength

 = Cardio

\* = Offered for Faculty & Staff only