

GROUP FITNESS SCHEDULE

FALL 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6:15 - 7 a.m. Hybrid FIT Location: Rec, Court 1</p>	<p>6:15 - 7:15 a.m. Sunrise Yoga Location: Rec, Court 1</p>	<p>6:15 - 7 a.m. Sunrise Cycle Location: Rec, 2nd Floor Terrace</p>	<p>6:15 - 7:15 a.m. Sunrise Yoga Location: Rec, Court 1</p>	<p>6:15 - 7 a.m. Full Body 45 Location: Rec, Court 1</p>		
<p>7:30 - 8:15 a.m. Cycle 45 Location: Rec, 2nd Floor Terrace</p>	<p>7:30 - 8 a.m. Ab Attack Location: Rec, Court 1</p>	<p>7:30 - 8:15 a.m. Cycle 45 Location: Rec, 2nd Floor Terrace</p>	<p>7:30 - 8 a.m. TABATA 30 Location: Rec, Court 1</p>	<p>7:30 - 8:15 a.m. Cycle 45 Location: Rec, 2nd Floor Terrace</p>	<p>10:15 - 11:15 a.m. Saturday Vinyasa Location: Rec, Court 1</p>	
	<p>7:30 - 8:15 a.m. Cycle Power Location: Rec, 2nd Floor Terrace</p>		<p>7:30 - 8:15 a.m. Cycle Power Location: Terrace, Rec Center 2nd Floor</p>		<p>Noon - 12:45p.m. Hybrid FIT Location: Rec, Court 1</p>	
<p>Noon - 12:30 p.m. Sculpt & Burn Location: Rec, Court 1</p>		<p>Noon - 12:45 p.m. Balanced Body Location: Rec, Court 1</p>		<p>Noon - 12:30 p.m. Mobilize Location: Rec, Court 1</p>	<p>Noon - 1 p.m. Zumba Location: Rec, Court 1</p>	
<p>4:45 - 5:15 p.m. Ab Attack Location: Rec, Court 1</p>	<p>4:45 - 5:15 p.m. Arms & Abs Location: Rec, Court 1</p>	<p>4:45 - 5:15 p.m. Ab Attack Location: Rec, Court 1</p>	<p>4:45 - 5:15 p.m. Guts & Glutes Location: Rec, Court 1</p>			