

CAMPUS RECREATION

JUNE FITNESS SCHEDULE

		MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING/ NOON	6:20am	Yoga Flow Michael 6:20-7:10am	Sunrise Yoga Michael 6:20-7:10am	Sunrise Yoga Michael 6:20-7:10am	Sunrise Yoga Michael 6:20-7:10am			
	7:30am		Breathing & Meditation Michael 7:30-8:15am		Breathing & Meditation Michael 7:30-8:15am			
	9:00am		Cycle Bethany 9:00-9:45am		Cycle Bethany 9:00-9:45am			
	9:30am						Sunrise Yoga Michael 9:30-10:30am	
	10:00am		Barre Bethany 10:00-10:45am	Barre Bethany 10:00-10:45am	Barre Bethany 10:00-10:45am			
	12:00pm	Barre Raegan 12:00-12:45pm		Cycle Raegan 12:00-12:45pm	Barre Raegan 12:00-12:45pm			
AFTERNOON/ EVENING	3:30pm			Cycle Kiana 3:30-4:15pm				
	4:00pm		JumpStrong Zac 4:00-4:45pm					
	4:30pm	Cycle Erin 4:30-5:15pm		Cycle Macy 4:30-5:15pm				
	5:30pm			Cycle Erin 5:30-6:15pm	Cycle Erin 5:30-6:15pm			



Terrace



Cycle Studio



Studio 2



Studio 3



Scan the QR code to sign up or go to
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For accommodations please contact Fitness at
fitness@boisestate.edu



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