

# Group Exercise

## Winter 2018 Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Morning	<b>BODYPUMP™ Express</b> 6:30-7:15am RILEY RM 218	<b>CYCLE 45</b> 6:30-7:15am CHRISTINA RM 216	<b>BODYPUMP™ Express</b> 6:30-7:15am KAREN RM 218	<b>CYCLE 45</b> 6:30-7:15am DEB RM 216	<b>SHOCKWAVE</b> 6:30-7:15am MARISA RM 216	Morning
	<b>BODYCOMBAT™</b> 6:30-7:30am RACHEL RM 216					
Afternoon	<b>SHOCKWAVE</b> 12-12:45pm JOHANNA RM 216	<b>CORE CONDITIONING</b> 12-12:30pm JOHANNA RM 218	<b>CORE CONDITIONING</b> 12-12:30pm JOHANNA RM 218	<b>CORE CONDITIONING</b> 12-12:30pm JOHANNA RM 218	<b>BODYPUMP™ Express</b> 12-12:45pm LAUREN RM 218	Afternoon
	<b>VINYASA YOGA</b> 12-12:45pm ELISE RM 218	<b>CYCLE 45</b> 12-12:45pm CARA RM 216	<b>VINYASA YOGA</b> 12-12:45pm RAQUEL RM 216	<b>KETTLEBELL</b> 12-12:30pm MARISA 3rd floor	<b>CYCLE 45</b> 12-12:45pm BORA RM 216	
		<b>CARDIO 'N' TONE</b> 12:30-1:30pm JOHANNA RM 218	<b>BODYCOMBAT™</b> 12:30-1:30pm JOHANNA RM 218	<b>CARDIO 'N' TONE</b> 12:30-1:30pm JOHANNA RM 218	<b>CORE POWER HOUR</b> 1-2pm Ella & Marisa RM 218	
Evening	<b>CYCLE 45</b> 4:30-5:15pm HANNAH RM 216	<b>BARRE</b> 5-6pm KATHRYN RM 216	<b>KETTLEBELL</b> 5:15-5:45pm MARISA 3rd floor	<b>CYCLE 45</b> 4:30-5:15pm NICOLE RM 216	<b>BODYCOMBAT™</b> 4:30-5:30pm HANNAH RM 216	Evening
	<b>BODYPUMP™</b> 5:30-6:30pm NICOLE RM 218	<b>ROCK &amp; ROLL PILATES</b> 5-6pm Kalila & Shereen RM 218	<b>ZUMBA</b> 5:30-6:30pm MICHELLE RM 218	<b>HIIT</b> 5:30-6:15pm HANNAH RM 216	<b>BODYPUMP™</b> 5:30-6:30pm TANYA RM 218	
	<b>ZUMBA</b> 5:30-6:30pm ISADORA RM 216	<b>ZUMBA</b> 6:15-7:15pm IJEOMA RM 218	<b>SHOCKWAVE</b> 6:15-7pm KATIE RM 216	<b>ZUMBA</b> 5:30-6:30pm IJEOMA RM 218	<b>BARRE</b> 5:45-6:45pm ERIN RM 216	
	<b>BARRE</b> 7-8pm KATHRYN RM 216	<b>CYCLE 45</b> 6:30-7:15pm KATIE RM 216	<b>BARRE</b> 7:15-8:15pm LESLIE RM 216	<b>CYCLE 45</b> 6:30-7:15pm MICHELLE RM 216		
	<b>BODYCOMBAT™</b> 6:45-7:45pm LIN RM 218	<b>CYCLE 45</b> 7:30-8:15pm KAYLEY RM 216	<b>BODYCOMBAT™</b> 7-8pm IAN RM 218	<b>BODYPUMP™</b> 7-8pm LIN RM 218		
	<b>VINYASA YOGA</b> 8-9pm BRENDA RM 216	<b>BODYPUMP™</b> 7:30-8:30pm IAN RM 218	<b>MINDFUL YOGA</b> 8-9pm ALEJANDRO RM 218	<b>POWER YOGA</b> 7:30-8:30pm PEGGY RM 216		

SATURDAY		
<b>CYCLE 45</b> 10:30-11:15am ABBEY RM 216	<b>BODYPUMP™</b> 11am-12pm CARA RM 218	<b>BODYCOMBAT™</b> 11:30am-12:30pm APRIL RM 216

SUNDAY		
<b>BODYPUMP™</b> 5-6pm CARA RM 218	<b>ZUMBA</b> 6-7pm ALICE RM 216	<b>MINDFUL YOGA</b> 7-8pm ALEJANDRO RM 218

Monday, January 8th, 2018 – Friday, March 16th 2018

\*No classes on January 15th, 2018 (University Holiday)



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