



FALL GROUP EXERCISE SCHEDULE

MONDAY SEPTEMBER 22 - SATURDAY DECEMBER 6



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
6:45-7:45AM SPIN Karena 216	7:30-8:30AM MAT PILATES Karen 218	7:30-8:30AM *MAT PILATES Karen 218	7:30-8:30AM MAT PILATES Karen 218	9:00-10:00AM VINYASA YOGA Caraleigh 216	9:30-10:30AM *SPIN Karena 216	10:30-11:30AM ZUMBA Hannah 218
9:00-10:00AM ASHTANGA YOGA India 216	8:00-9:00AM ASHTANGA YOGA India 216	8:00-9:00AM VINYASA YOGA Morgan 216			10:00-11:00AM *MAT PILATES Karen 218	
					10:30-11:30AM *VINYASA YOGA Morgan 216	
AFTERNOON						
	12:00-12:30PM CORE Johanna 218	12:00-12:30PM CORE Johanna 218	12:00-12:30PM CORE Johanna 218	12:30-1:30PM ZUMBA Hannah 218	11:15-12:15PM BODYPUMP Lauren 218	
	12:30-1:15PM CARDIO STRENGTH Johanna 218	12:30-1:30PM BODYCOMBAT Johanna 218	12:30-1:15PM CARDIO STRENGTH Johanna 218			
EVENING						
4:00-5:00PM ZUMBA Kayden 218	5:30-6:30PM BODYPUMP Angela 218	5:00-6:00PM VINYASA YOGA Cassie 216	5:30-6:30PM BODYPUMP Nicole 218	7:00-8:00PM *SLOW FLOW YOGA Morgan 216		
5:30-6:30PM BODYCOMBAT Angela 216	5:45-6:45PM BODYCOMBAT Frank 216	5:30-6:30PM BODYCOMBAT Melanie 218	5:45-6:45PM BODYCOMBAT Frank 216			
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218		6:30-7:15PM SPIN 45 Mariangela 216	7:00-8:00PM SLOW FLOW YOGA Morgan 216			
6:30-7:00PM LM CORE Jeffrey 218		6:45-7:45PM BODYPUMP Penina 218	6:45-7:45PM ZUMBA Kayden 218			

***THE FOLLOWING CLASSES WILL TAKE PLACE ON THE SPECIFIED DAYS BELOW:**

WEDNESDAY MAT PILATES: 10/15, 11/19

FRIDAY SLOW FLOW YOGA: 10/3, 10/17, 10/24, 11/7, 11/21, 12/5

SATURDAY SPIN: 10/4, 10/18, 11/1, 11/15, 12/6, 12/13

SATURDAY MAT PILATES: 10/4, 10/25

SATURDAY VINYASA YOGA: 10/11, 10/25, 11/1, 11/15, 11/29, 12/6

PLEASE NOTE THERE WILL BE NO CLASSES ON 10/13, 11/27, 11/28