

GROUP EXERCISE FINALS WEEK SCHEDULE

MONDAY MARCH 16 - SATURDAY MARCH 21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
6:45-7:45AM SPIN Karena 216		8:00-9:00AM 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			
	12:30-1:15PM CARDIO STRENGTH Johanna 218	12:30-1:30PM BODYCOMBAT Johanna 218	12:30-1:15PM CARDIO STRENGTH Johanna 218			
EVENING						
4:00-5:00PM YOGA TONE Faith 218	5:30-6:30PM BODYPUMP Angela 218	5:30-6:30PM BODYCOMBAT Melanie 218	5:30-6:30PM YOGA TONE Faith 218			
5:30-6:30PM BODYCOMBAT Angela 216		7:00-8:00PM YOGA TONE Faith 218	5:45-6:45PM BODYCOMBAT Frank 216			
5:30-6:15PM BODYPUMP EXPRESS Jeffrey 218		7:45-8:45PM ZUMBA Hannah 216	7:00-8:00PM ZUMBA Kayden 218			
6:30-7:00PM LM CORE Jeffrey 218			7:00-8:30PM SLOW FLOW YOGA Morgan 216			
7:00-8:00PM ZUMBA Kayden 216						