

Group Exercise

Spring 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Yoga 7-8 AM Monica Virtual	Morning Yoga 7-8 AM Morgan Virtual	Morning Yoga 8:15-9 AM Karen RM 218	Morning Yoga 7-8 AM Morgan Virtual	Morning Yoga 7-8 AM Monica Virtual	Morning Vinyasa 10-11 AM Natacha Virtual	
IMPACT 7-8 AM Jessika Virtual	CardioStrength 8-9 AM Jessika Virtual	IMPACT 7-8 AM Jessika Virtual	CardioStrength 8-9 AM Jessika Virtual	IMPACT 7-8 AM Jessika Virtual	Les Mills CORE 10:15-10:45 AM Jeffrey Virtual	
					BodyCombat 11-12 PM Angela Virtual	
Afternoon Vinyasa 12-1 PM Cora RM 218	BodyCombat 12-1 PM Frank Virtual	Afternoon Vinyasa 12-12:45 PM Elise Instagram	CORE&CARDIO 12-1PM Johanna Virtual	BodyCombat 12-1 PM Frank Virtual		
IMPACT 12-1 PM Tristan Virtual	CORE&CARDIO 12-1 PM Johanna Virtual	IMPACT 12-1 PM Tristan Virtual	BodyCombat Express 12-12:45 PM Sara Virtual	IMPACT 12-1 PM Tristan Virtual		
BodyCombat 12-1 PM Frank Virtual	IMPACT 12-1 PM Caleb Virtual	CORE 12-12:30 PM Johanna Virtual	IMPACT 12-1 PM Caleb Virtual			
		BodyCombat 12:30-1:30 PM Johanna Virtual				
Vinyasa Yoga 5:30-6:30 PM Stef Virtual	Les Mills CORE 5-5:30 PM Jeffrey Virtual	Pilates 5-6 PM Karen Virtual	Vinyasa Yoga 5:30-6:30 PM Caraleigh Virtual	Vinyasa Yoga 5:30-6:30 PM Caraleigh Virtual		Cardio Dance 5-6PM Lindsey RM 218
BodyCombat 5:30-6:30 PM Angela Virtual	Vinyasa Yoga 5:30-6:30 PM Caraleigh Virtual	BodyCombat 5:30-6:30 PM Angela Virtual	Les Mills CORE 5:30-6 PM Portia Virtual	BodyPump Express 5:30-6:30 PM Portia Virtual		
Vinyasa Yoga 5:30-6:15 PM Caraleigh RM 218	BodyPump 5:30-6:30 PM Angela Rec Courts	Vinyasa Yoga 5:30-6:15 PM Caraleigh RM 218	IMPACT 6-7 PM Melisa Rec Courts	BodyCombat 5:30-6:30 PM Sara Virtual		
Cardio Dance 6:30-7:30 PM Lindsey RM 218	Evening Vinyasa 5:30-6:30 PM Cora RM 218	Cardio Dance 6:30-7:30PM Lindsey RM 218	ZUMBA 6:15-7:15 PM Nadia Virtual	ZUMBA 6:15 - 7:15 PM Nadia RM 218		
BodyCombat 6:30-7:30 PM Melanie Rec Courts	IMPACT 6:45-7:45 PM Melisa Rec Courts	Cycling 6:30-7:30 PM Hannah Rec Courts				
	ZUMBA 6:45-7:30 PM Nadia RM 218	Evening Vinyasa 7-8 PM Monica Virtual				

On-Campus	Scheduled on the Rec Courts w/ option to move outside
Virtual	Class is only streamed on Drexel closed network
Hybrid	Class is taught in-person and streamed concurrently via zoom.

Monday, March 29, 2021 - Saturday, June 5, 2021

**No classes on Monday, May 31*



**Drexel University
Recreational Athletics**

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drexel.edu/recathletics