

WELCOME WEEK SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA 7-8 AM Stefanie VIRTUAL	YOGA 7-8AM Morgan VIRTUAL		YOGA 7-8AM Stefanie VIRTUAL			
	MAT PILATES 8-9AM Karen RM 218		MAT PILATES 8-9A Karen RM 218	VINYASA YOGA 8-9A Cora RM 216	STRONG Nation 10-11a Hieu RM 216	
					BODYCOMBAT 11a-12P Angela VIRTUAL	
YOGA 12-12:45PM Trina RM 218	CORE 12-12:30P Johanna RM 218	CORE 12-12:30P Johanna RM 218	CORE 12-12:30P Johanna RM 218			
BODYCOMBAT 12-1P Frank VIRTUAL	CARDIO TONE 12:30-1:15P Johanna RM 218	BODYCOMBAT 12:30-1:30P Johanna RM 218	CARDIO TONE 12:30-1:15P Johanna RM 218			
		BODYCOMBAT 12-1P Frank VIRTUAL	BODYCOMBAT 12-1P Sara VIRTUAL			
WELCOME WEEK GROUP FITNESS COMBO 5:30-6:30P BodyComb Cardio Dance Various Instructors	VINYASA YOGA 4-5P Cora RM 218	BOOTCAMP 45 5:30-6:15P Melisa RM 218	VINYASA YOGA 4-5P Cora RM 218	STRONG Nation 4:30-5:30P Hieu RM 218		STRONG Nation 5-6P Hieu RM 218
STRONG Nation Yoga Courts	BODYPUMP 5:30-6:30P Angela RM 218	YOGA 45 5:30-6:15P Stefanie RM 216	STRONG Nation 4:30-5:30P Hieu ROOM 216	VINYASA YOGA 4:30-5:15P Dacia ROOM 216		
	CARDIO DANCE 5:30-6:30P Lindsey RM 216	VINYASA YOGA 6:30-7:30P Caraleigh RM 218	BODYPUMP 5:30-6:30P Jeffrey RM 218	BODYPUMP EXPRESS 5:45-6:30P Portia RM 218		
	BODYCOMBAT 5:30-6:30P Frank VIRTUAL	BODYCOMBAT 6:30-7:30P Melanie ROOM 216	BODYCOMBAT 5:45-6:45P Frank RM 216	BODYCOMBAT 5:30-6:30P Rachel RM 216		
	VINYASA YOGA 6:30-7:30P Caraleigh VIRTUAL	BODYCOMBAT 5:30-6:30P Sara VIRTUAL				
		LM CORE 5:45-6:15P Portia VIRTUAL				

On-Campus	In-person class at Rec Center
Virtual	Virtual class - reccenter.drexel.edu

Monday, Sept. 13, 2021 - Sunday, Sept. 19, 2021



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