

FALL GROUP EXERCISE SCHEDULE

Tuesday September 26th - Saturday December 9th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-7:30AM BODYPUMP EXPRESS 30 Nicole 218	7:15-8AM SPIN Karena 216	12-12:30PM LES MILLS CORE Johanna 218	8-9AM PILATES Karen 216	7:15-8AM SPIN Karena 216	9-10AM VINYASA YOGA Rotating 216	10-11AM ZUMBA Hannah 218
8:30-9:15AM SPIN Sarena 216	8:15-9:15AM PILATES Karen 216	12:30-1:30PM BODYCOMBAT Johanna 218	12-12:30PM CORE Johanna 218	1:30-2:30PM PILATES Brigid 216		
4-4:30PM CARDIO DANCE Lindsey 216	12-12:30PM CORE Johanna 218	5:15-6PM SPIN Alexis 216	12:30-1:15PM CARDIO STRENGTH Johanna 218	4:30-5:30PM BODYPUMP Penina 218		
5:30-6:30PM BODYCOMBAT Angela 216	12:30-1:15PM CARDIO STRENGTH Johanna 218	5:30-6:30PM BODYCOMBAT Melanie 218	4-4:45PM VINYASA YOGA Cora 218	5:15-6PM SPIN Alexis 216		
5:30-6:15PM BODYPUMP EXPRESS 45 Jeffrey 218	1:30-2:30PM PILATES Brigid 216	6:45-7:45PM BODYPUMP Penina 218	5:30-6:30PM BODYPUMP Nicole 218			
6:30-7PM LES MILLS CORE Jeffrey 218	4-4:45PM VINYASA YOGA Cora 218		5:45-6:45PM BODYCOMBAT Frank 216			
	4:45-5:30PM ZUMBA Hieu 216		7-8PM VINYASA YOGA Caraleigh 216			
	5:30-6:30PM BODYPUMP Angela 218					
	5:45-6:45PM BODYCOMBAT Frank 216					

Register for group exercise classes online at reccenter.drexel.edu or the Drexel Rec app. There will be no classes on October 9th, November 23rd-24th