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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **HIIT\***1-1:45 p.m.Nate | **FLOW YOGA**6:30-7:30 a.m.Theresa | **HIIT\***1-1:45 p.m.Kelsey | **FLOW YOGA**6:30-7:30 a.m.Theresa | **GENTLE YOGA**12-1 p.m.Kyra |
|  |  |
| **HIIT\***4:30-5:15 p.m.Andrew | **ACTIVE FOR LIFE\*\***9-10 a.m.Cassaundra | **CYCLING**1:15-2:15 p.m. Devon | **ACTIVE FOR LIFE\*\***9-10 a.m.Cassaundra | **HIIT\***1-1:45 p.m.Andrew |
|  |  |
|  | **HIIT\***10-10:45 a.m.Nate |  | **HIIT\***10-10:45 a.m.Nate |  |
|  |  |
|  | **STRENGTH**12-12:50 p.m.Jenora |  | **STRENGTH**12-12:50 p.m.Jenora |  |
|  |  |
|  | **AEROBIC KICKBOXING**12:10-1 p.m.Tami |  | **FLOW YOGA**12:15-1:15 p.m.Kelsey |  |
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|  | **FLOW YOGA**12:15-1:15 p.m.Kelsey |  | **HIIT**4:30-5:15 p.m.Noelle |  |
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|  |  |  |  | **LOCATION KEY**

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| Room 1 |
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| Room 2 |
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| Room 3 |
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| Functional Corner |
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| Schreiber Gym |

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Buy an unlimited group fitness pass at the Fitness & Recreation Center front desk.

\*Sign up on Campus Recreation’s online registration portal the day of the class to reserve your place

\*\*Classes require an extra fee and pre-registration. Sign up at the front desk or pay online to reserve your spot.